

# delicious.

## FASTER PASTA

Cheat's gnocchi,  
healthy parsnip  
spaghetti + more

## STEFANO MANFREDI

Fresh seasonal menu  
from the garden

## LA DOLCE VITA

Food trails in  
Venice, Milan  
& Tuscany

# the Italian ISSUE

Modern twists on regional classics



**RICK STEIN** Beautiful fig & mascarpone tart  
**SILVIA COLLOCA** Father's Day brunch  
**JAMIE OLIVER** Clever vegetarian meatballs

TAKE A  
SHORTCUT  
20 minute  
bolognese



## GUILT-FREE DESSERTS

Raw tiramisu &  
sugar-free gelato



# YEARS OF CLASSIC

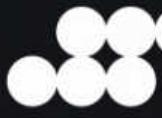
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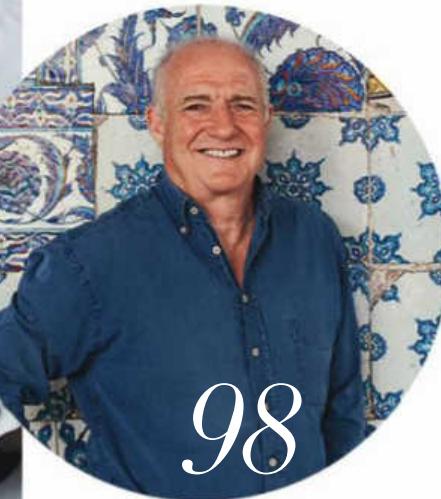
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## ON THE COVER

20-minute bolognese (recipe p 97)

Recipe Warren Mendes

Photography Alicia Taylor

Styling Kirsten Jenkins

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# welcome



I RETURNED TO Italy for the first time in a while, and fell in love with the country all over again – as I hope you do with this month's special Italian issue. My foodie hit list was guided by readers and contributors making brilliant recommendations in real time on Instagram as I moved around. Lake House's Alla Wolf-Tasker spotted my post from Milan and recommended I try the risotto alla Milanese at Ristorante da Giacomo ("just opposite" from where I was standing, she said from the other side of the world). A restaurateur friend from Brisbane

pointed me towards Ravello 18, "the best spot in the city", and the gnocchi did not disappoint. Our contributor Silvia Colloca is another expert on Milan, having grown up there, and this month she sets the table with a Father's Day menu (p 106); Maurice Terzini, of Icebergs fame, invites us into his home for a lesson in easy entertaining (p 114); Valli Little heads to Venice (p 132); and Stefano Manfredi creates a seasonal menu from the garden (p 25). While I could go on and on and on about Italy, I'd like to bring it back to Australia and thank everybody who made our 10th annual *delicious.* Produce Awards at Bennelong in Sydney such a spectacular night (p 20). Congratulations to all the winners and medallists!

*Kerrie*

Kerrie McCallum, Editor-in-chief



@kerriemccallum



@kerrie\_mccallum

## SHARE

Senior food editor Phoebe Wood's new Italian recipes are full of surprises, including a must-try lemon tart, p 72.



## COOK

Food editor Warren Mendes' 10 faster pastas make for innovative weeknight fare. Find his clever shortcuts on p 88.



## ESCAPE

We cruise the Med with Rick Stein in our extract of his beautiful new book, *From Venice to Istanbul*, p 98.





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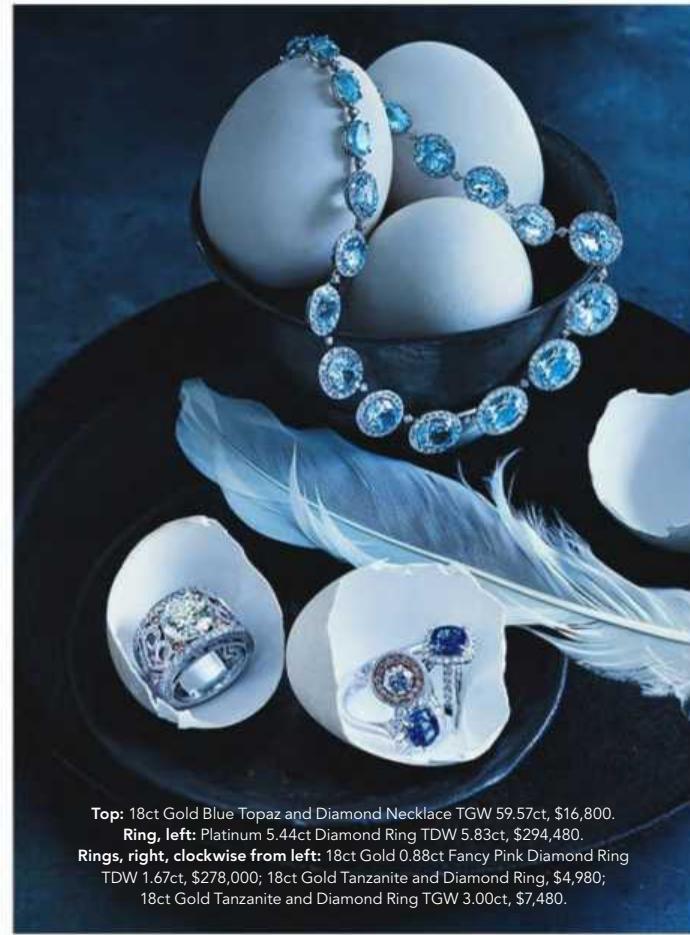
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**Above:** Sterling Silver Lotus Bangle, \$998. Rings, top to bottom: 18ct Yellow Gold Lotus Cutout Ring, \$698; 18ct Rose Gold Lotus Cutout Ring, \$298; 18ct Rose Gold Lotus Cutout Ring, \$998.

**TDW = Total Diamond Weight. TGW = Total Gem Weight.**



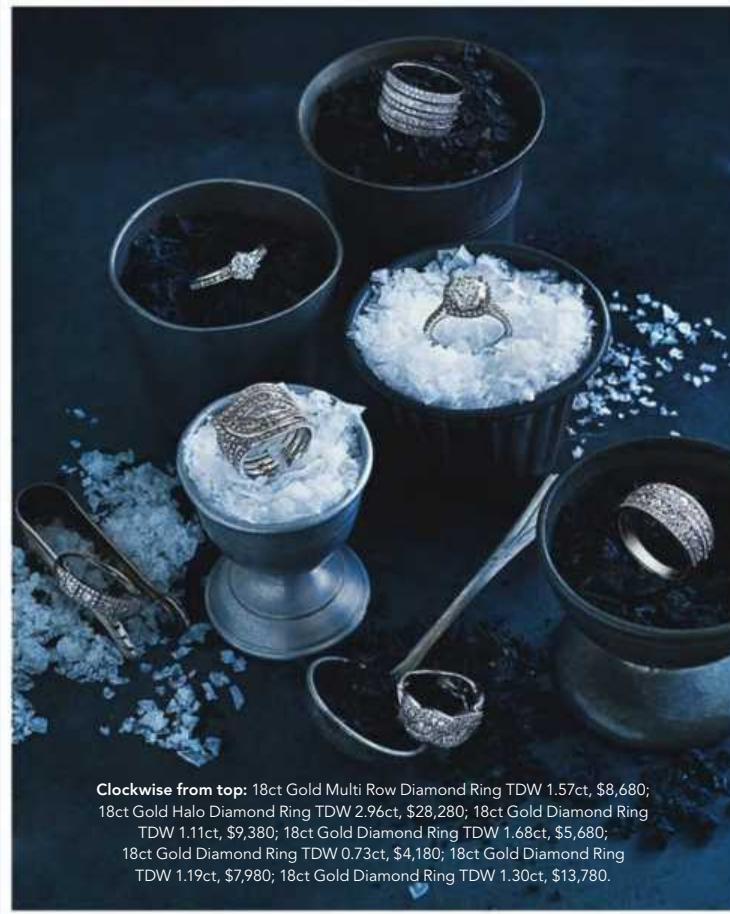
**Top:** 18ct Gold Blue Topaz and Diamond Necklace TGW 59.57ct, \$16,800.

**Ring, left:** Platinum 5.44ct Diamond Ring TDW 5.83ct, \$294,480.

**Rings, right, clockwise from left:** 18ct Gold 0.88ct Fancy Pink Diamond Ring TDW 1.67ct, \$278,000; 18ct Gold Tanzanite and Diamond Ring, \$4,980; 18ct Gold Tanzanite and Diamond Ring TGW 3.00ct, \$7,480.



**Top to bottom:** 18ct Gold Diamond Multi Oval Drop Pendant TDW 1.57ct, \$12,280; 18ct Gold Diamond Bangle TDW 2.38ct, \$8,980; 18ct Gold Diamond Tennis Bracelet TDW 3.00ct, \$7,880; 18ct Gold Diamond Tennis Bracelet TDW 2.00ct, \$5,680.



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FATHER'S DAY

Mussel & artichoke cavatelli

## FATHER'S DAY LUNCH

Sfincione with cavolo nero, speck and pecorino, p 76  
*Tyrrell's Belford Single Vineyard Semillon 2009*

~

Mussel & artichoke cavatelli, p 118  
*Pierro Chardonnay 2013*

~

Ricotta cheesecake with roasted blueberries, p 124  
*Lillypilly Noble Blend Family Reserve 2008*

*"Spoil Dad with more traditional wine styles with the kind of full flavour and generosity that are possible from warmer wine regions of Australia."* Mike Bennie, drinks writer



## PASTICCERIA AT HOME

Espresso madeleines, p 108

~

Torta di riso (rice pudding cake with pine nut praline), p 28

~

Gluten-free pistachio amaretti morbidi, p 127



*"What's not to love about a culture that can indulge a serious sweet addiction from espresso o'clock to biscotti hour?"*

Shannon Harley, managing editor

## TREAT YOURSELF



Gluten-free pistachio amaretti morbidi



Roasted fennel & pine nut polpette

VIVA ITALIA!

## MID-WEEK ITALIAN

Roasted fennel & pine nut

polpette, p 84

Peter Lehmann

*Wigan Riesling 2010*

~

Chorizo carbonara, p 96

Casella Limited Release

*Shiraz 2010*

~

Sugar-free, vegan stracciatella gelato, p 124

Peter Lehmann Masters

*Botrytis Semillon 2011*



*"This riesling will make the sauce for the polpette sing, while a fruity, peppery shiraz matches spicy chorizo. To finish, this luscious semillon matches the gelato beautifully."*

John Casella, managing director, Casella Family Brands



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# this month... @deliciousAUS

Stay connected @deliciousAUS for bonus content, news and behind-the-scenes photos from our team, plus fantastic foodie prizes.



## INSTA OF THE MONTH

#makeitdelicious



*Christmas in July!  
(Valli's Kitchen  
Diary, July 15,  
p 68) Valli's boned  
and rolled turkey,  
green beans with  
pomegranate, the  
best roast potatoes  
and marinated  
red cabbage slaw.  
Served with my  
own gluhwein.  
@ceinwenj*



## birthday bake

I needed to find the perfect cake for my mum's 60th. I tried out the stout chocolate cake with butterscotch sauce (Wicked, July 15, p 82). Yum!

Rebecca Lemm

## one-pot wonder

Colin Fassnidge's pot-roast chicken (Entertaining, July 15, p 67) is perfect for a winter's day.

Alison Umpleby



## yes marco!

Thanks to Vic's Meat Market for hosting Marco Pierre White, who did a Q&A while cooking a delicious skirt steak. Dinner cooked by Marco – my life is complete. @jeanstravels



*Duncan Welgemoed's chocolate & spearmint caramel slice (Hand picked, Jul 15, p 32) was one of your favourite Instagram posts this month.*



## global roaming

A delicious. Sunday in Istanbul. #makeitdelicious #Istanbul @mrvturan



## cold comfort

I recently had an awful cold and was tucked in bed for five days. Luckily for me, your wonderful 150th [July] issue arrived while I was sick. It gave me the inspiration to look back through all my past issues of delicious. and now I've rediscovered so many of your wonderful recipes that I can't wait to whip up! Thanks for all the 'nom noms' delicious.! Tracey Blunck



## AND THE WINNER IS...

Your August issue is deserving of congratulations! I'll be cooking a recipe a day from it for two weeks at least. I was especially excited by the new Balancing Act feature; easy, tasty recipes that are healthy are difficult to find. This could be my favourite issue yet – well done. **Stephanie Beehag, Mortdale, NSW**

**ED'S NOTE:** Congratulations, Stephanie! You've won a Kenwood kCook – an all-in-one multi-cooker to help with all that cooking! For more details, visit: [kenwood-australia.com](http://kenwood-australia.com).

SILVIA COLLOCA



## SILVIA TAKES OVER

SINCE JOINING DELICIOUS. AS A REGULAR CONTRIBUTOR, @SILVIACOLLOCA HAS BROUGHT THAT LITTLE TOUCH OF ITALY, SHOWING US HOW TO MAKE EVERYTHING FROM SILKY PASTAS AND COMFORTING SOUPS TO THE BEST BREADS AND CAKES. TO CELEBRATE HER LOVE AFFAIR WITH THE FOOD OF HER MOTHER COUNTRY, SILVIA WILL BE TAKING OVER OUR INSTAGRAM ON SEPTEMBER 2, SHARING SOME FAVOURITE SNAPS FROM HER ITALIAN-INSPIRED CUCINA. IT WILL BE AMORE!



## SHARE AND WIN!

Exciting news just in... you could win great prizes just by talking to us! Let us know what you're liking, cooking and eating by tagging us on social media or emailing us, and you're in with the chance to win fantastic foodie prizes, with the winning post or comment featured in the magazine. This month, we're taking inspiration from Italy with a double prize pack from iconic design label Alessi. Tag @deliciousAUS or email [delicious@newsmedia.com.au](mailto:delicious@newsmedia.com.au) and you could win the Philippe Starck citrus squeezer (above), and a Michael Graves 'singing' kettle.

## VALLI'S VENICE PHOTO ALBUM

*Stay connected to our Facebook page to see more travel snaps from Valli's recent trip to Italy's floating city of Venice, where she hosted an idyllic week-long cooking school highlights include Rialto Market tour and fresh seafood recipes. Plus, download our new enhanced App for exclusive digital recipes.*



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# italian party

## AT OTTO, SYDNEY



**T**utti a tavola! Join us for our first-ever Italian party as we celebrate our annual Italian issue at Sydney's favourite fine-dining ristorante, Otto on Cowper Wharf, Woolloomooloo. The Italians created the art of aperitivo, so you'll get the party started true to style being serenaded by an accordion player while sipping on Otto's barrel-aged negroni, a sparkling Aperol spritz or a bellini as platters of antipasti get you in the mood for chef Richard Ptacnik's traditional shared feast. The menu includes a bright crab and tomato pasta, meltingly tender porchetta and Italy's greatest contribution to the world (up there with Andrea Bocelli and Sophia Loren)... tiramisu! Italian wines will flow all night long and Otto will make sure the feasting continues, giving every guest a goodie bag to take home.

**WHERE** Otto, Area 8, 6 Cowper Wharf Rd, Woolloomooloo, NSW

**WHEN** 6.30pm, Wednesday, October 14

**PRICE** \$130 for 4 courses with matching Italian wines

**BOOK** From August 31, tel: (02) 9368 7488

### MENU

Grissini wrapped in prosciutto; truffle arancini; salami and reggiano; ricotta-stuffed zucchini flowers

*Aperitivi & Nino Franco Prosecco di Valdobbiadene Rustico Veneto*

Gnocchetti sardi pasta with spanner crab, tomatoes, chilli, garlic and bottarga

*Fondo Antico Grillo Parlante Sicily*

Porchetta (roast pork) with garlic, rosemary and thyme roast potatoes; rocket, parmesan and apple salad with balsamic dressing

*Livon Refosco dal Penduncolo Rosso Friuli*

Tiramisu; biscotti

OTTO

## PRODUCE AWARDS.



# DELICIOUS. PRODUCE AWARDS *at bennelong*

From the produce-inspired ice sculptures to the beautifully styled interior and artful food and drink, every last detail fell effortlessly into place for the 10th anniversary of the *delicious.* Produce Awards. And what better setting than the new Bennelong at the Sydney Opera House to celebrate the best of Australian food with winners spanning from Victoria to Western Australia, all the way to Skull Island in the Northern Territory. The canapes, designed by chef (and winner of the Maggie Beer Award for Outstanding Contribution to Australian Food) Peter Gilmore featured produce from this year's finalists and winners – think yabby wrapped in Kindred Organics buckwheat pikelets with creme fraiche, Melanda Park suckling pig and sesame pastry with black garlic, or potimarron pumpkin with seeds, grains and Pyengana cheddar cream. Catalina Sounds wines, bubbles from House of Arras, 4 Pines beers and Four Pillars gin flowed all night and matched the menu perfectly.

The ever-entertaining Matt Preston played host alongside *delicious.* Editor-in-Chief Kerrie McCallum, handing out the well-deserved awards. Congratulations to all our finalists, medallists and winners, we thank you for your drive and innovation in bringing the best Australia has to offer to our tables day after day, year after year. We can't wait to do it all again next year.



1. Bradley Cocks and Collette Dinnigan. 2. MCs *delicious*. Editor-in-Chief Kerrie McCallum and Matt Preston. 3. Catalina Sounds wines. 4. Awards Patron Maggie Beer with Maggie Beer Award winner and Executive Chef at Bennelong, Peter Gilmore. 5. NewsLifeMedia CEO Nicole Sheffield, Kerrie McCallum and Group Food Publisher Fiona Nilsson. 6. Four Pillars Rare Dry Gin. 7. The *delicious*. editorial team Karen Rubin, Phoebe Wood, Heidi Finnane, Shannon Harley, Warren Mendes, David Matthews, Aleks Beare, Kerrie McCallum, Caitlin Griffith-Pecset and Josie Taylor. 8. Clayton Wright of Wrights The Butchers, Sally Gosper of Simon Johnson and Blackmore Wagyu's David Blackmore with Meat and Livestock Australia Trade Marketing Manager Tim Elwin. 9. Ice sculptures showcased produce. 10. Chef Ben Milgate with Caroline McCredie. 11. Spicers Retreats chefs Doug Innes-Will and Rory Thorpe with Chief Marketing Technologist of Spicers Retreats, Luke Neale. 12. The Daily Telegraph's Anne-Maree Gale, General Manager of news.com.au Julian Delany and Liz Deegan. 13. Sparkling House of Arras. 14. Chef Darren Robertson and Magdalena Roze. 15. Matt Preston and Harvey Norman Senior Brand Manager Gary Brown presenting the award for Outstanding Regional Chef to James Viles. 16. National Judges Matt Moran, Alla Wolf-Tasker, Christine Manfield and Shannon Bennett with Maggie Beer and Critics Panel Judge Valli Little. 17. Salad of raw mushrooms and hazelnuts. 18. State Judge Alex Herbert, Maggie Beer and Joanna Savill. 19. Peter Gilmore plating up yabbies on buckwheat pikelets. 20. Winners of Outstanding Innovation Kathryn and Michael Sommerlad with category winners Roz and Bruce Burton of Milking Yard Farm. 21. 4 Pines beers.

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EVENT.



1. *delicious.* Editor-in-chief Kerrie McCallum hosted the evening. 2. The new release Moët & Chandon Grand Vintage Collection Rosé 2006. 3. Chef Lauren Murdoch created a French-inspired menu for the evening. 4. Cardamom pannacotta with orange, date and pistachio salad. 5. Anna Heinrich and guest. 6. Natarsha Belling. 7. Grace Huang, Adam Williams and Jesinta Campbell. 8. Serving up the Moët & Chandon Grand Vintage Rosé 2006. 9. Kerrie McCallum with Moët & Chandon chef de cave Benoit Gouez. 10. Marta Dusseldorp. 11. Moët & Chandon Grand Vintage Collection Rosé (1999 and 1985).



# MOËT & CHANDON VINTAGE RELEASE

*at Richard Wherrett Studio, Sydney*

It was a sparkling night at the Richard Wherrett Studio in Sydney's Walsh Bay as we celebrated the launch of Moët & Chandon's Grand Vintage Rosé 2006 with Moët & Chandon chef de cave Benoit Gouez and a star-studded line-up of Sydney's most dedicated Champagne connoisseurs, including actor Marta Dusseldorp, model Jesinta Campbell, Anna Heinrich from *The Bachelor* and Channel 10's Natarsha Belling. Chef Lauren Murdoch's French-inspired menu was designed to be served with bubbles only and included an elegant poached tiger prawn with butternut pumpkin puree and toasted almond crumb, followed by confit duck with Puy lentils and citrus vinaigrette, and cardamom pannacotta with an orange, date and pistachio salad. *Magnifique!*

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# *hand* PICKED

Australia's godfather of Italian cucina – chef and gardener **Stefano Manfredi** – knows a thing or two about produce. With spring blooming, he turns the season's ingredients into an Italian feast.

PHOTOGRAPHY BRETT STEVENS STYLING KIRSTEN JENKINS WORDS DAVID MATTHEWS

## HAND PICKED.

Zuppa di ostriche e patate (oyster & potato soup). OPPOSITE:  
vignarola romanesca (braised artichokes & spring vegetables – recipes p 28).





*“People are scared of **artichokes**, but they’re simple to prepare and beautiful – toss in pasta, or braise with other spring vegetables for a Roman classic.”*

## HAND PICKED.

### ZUPPA DI OSTRICHE E PATATE (OYSTER & POTATO SOUP)

SERVES 4 AS A STARTER

*Ideally, the oysters should be freshly shucked and their liquor strained through muslin to remove any grit. This liquor is then used to add extra flavour to the soup.*

100ml olive oil  
1 onion, sliced  
2 garlic cloves, crushed  
2 celery stalks, sliced  
400g desiree potatoes, peeled, sliced  
1 bay leaf  
1/2 cup (125ml) dry white wine  
24 rock oysters, shucked, liquor strained and reserved  
Micro rocket, to garnish

Heat oil in a saucepan over medium-low heat. Add onion, garlic and 1/4 tsp salt, and cook, stirring, for 3-4 minutes until softened. Increase heat to medium-high, then add celery, potato, bay leaf and wine, and cook for 3 minutes or until wine is evaporated. Add 3 cups (750ml) water and bring to the boil. Reduce heat to low, partially cover with lid, and simmer for 45-50 minutes until potato is very tender.

Using a fork, roughly mash potato. Stir in oyster liquor and season. Add oysters and cook for 1 minute or until just cooked.

Divide the soup among bowls and garnish with micro rocket to serve.

### VIGNAROLA ROMANESCA (BRAISED ARTICHOKE & SPRING VEGETABLES)

SERVES 4 AS A STARTER OR SIDE

*This is a classic Roman springtime dish. If you want to make it your own you can use other spring vegetables, but artichokes and peas are absolutely necessary.*

Juice of 1 lemon  
4 small globe artichokes  
300g podded broad beans, blanched, refreshed  
100ml olive oil  
6 thin slices pancetta, roughly torn  
2 spring onions, finely chopped  
300g peas, blanched, refreshed  
6 butter lettuce leaves

1/4 bunch each mint and flat-leaf parsley, leaves picked  
1 long red chilli, seeds removed, finely chopped  
1/3 cup (25g) finely grated pecorino

Fill a large bowl with water and lemon juice. To clean the artichokes, using a vegetable peeler, peel the stem, then remove the tough outer leaves. Once you reach the softer leaves, using a serrated knife, trim one-third from the top. Cut the artichoke in half lengthways, so you can reach the hairy choke, then scrape it out with a small knife and discard. Place artichoke halves in lemon water. Repeat with remaining artichokes.

Peel and discard the grey outer skins from the broad beans and set aside.

Heat oil in a large, deep frypan over medium heat. Add pancetta and cook, turning once, for 2 minutes or until crisp and golden. Remove from pan and drain on paper towel, then set aside.

Reduce heat to medium-low and add spring onion to the pan. Cook, stirring, for 2-3 minutes until softened. Add the artichoke and 3/4 cup (180ml) water, then season. Cover with a lid and cook for 10 minutes, then add the peas, broad beans and lettuce leaves, and cook for a further 4-5 minutes until artichokes and lettuce are tender.

Place artichokes and lettuce on a serving dish and scatter with peas and broad beans. Break over crispy pancetta, then garnish with herbs, chilli and pecorino.

### RAGU ALLA POTENTINA (PORK RAGU WITH BUCATINI)

SERVES 6

100g piece pecorino  
2 garlic cloves, crushed  
1 tsp dried chilli flakes  
1/2 cup chopped flat-leaf parsley leaves  
1/2 tsp freshly grated nutmeg  
1kg boneless pork shoulder, trimmed, butterflied  
8 thin slices flat pancetta  
50g lardo, chopped (optional – substitute 2 tbs extra virgin olive oil)  
2 tbs extra virgin olive oil

100ml dry white wine  
2 x 400g cans whole peeled tomatoes, mashed  
500g bucatini

Cut half the pecorino into 1cm pieces and combine with the garlic, chilli, parsley and nutmeg. Set aside.

Place the pork between two sheets of baking paper and, using a meat tenderiser or a rolling pin, beat into an even 20cm square. Scatter over pecorino mixture leaving a 2cm border around edge. Cover mixture with pancetta slices, roll up pork tightly and tie securely with kitchen string.

Place the lardo, if using, and olive oil in a heavy-based flame-proof casserole over medium-low heat and heat for 4 minutes or until lardo is melted. (Alternatively, heat all olive oil over medium-low heat.) Increase heat to medium-high and cook pork roll, turning, for 8-10 minutes until browned all over, adding 1 tbs wine each time you turn. Reduce heat to low, then add tomato and season. Cook, turning every 30 minutes, for 1 1/2 hours or until pork is tender (add a little water if mixture becomes too dry). Remove pork from pan and cool slightly. Remove string, then shred into pieces. Return pork to the sauce and stir to combine. Keep warm.

Meanwhile, cook pasta according to packet instructions, then drain, reserving 1/3 cup (80ml) cooking liquid.

Toss the pasta and reserved cooking liquid with sauce until combined. Place on a large serving dish and grate over the remaining pecorino to serve.

### TORTA DI RISO (RICE PUDDING CAKE WITH PINE NUT PRALINE)

SERVES 8

*This dish is most prolific in northern Italy, where rice is grown below the Alps from Piedmont to Lombardy, Veneto and Friuli.*

3 cups (750ml) milk  
150g Italian short-grain rice (ideally vialone nano or carnaroli)  
4 eggs  
1/2 cup (175g) honey  
2 tbs slivered pistachios, plus extra to garnish

Ragu alla potentina  
(pork ragu with  
bucatini)



*“Using pancetta is a great way to build flavour into dishes, such as this deliciously rich pork ragu from Basilicata.”*

Torta di riso (rice  
pudding cake with  
pine nut praline  
– recipe p 28)



2 tbs hazelnuts, chopped  
 30g pine nuts  
 1/4 cup (40g) sultanas  
 1/4 cup (40g) chopped candied citrus peel  
 15g chopped cedro (Italian candied citron), plus extra to garnish  
 1 tsp vanilla extract  
 Finely grated zest of 1 lemon  
 40g unsalted butter, softened

#### PINE NUT PRALINE

1/3 cup (50g) pine nuts  
 1/2 cup (110g) caster sugar

#### MASCARPONE CREAM

2 eggwhites  
 1/3 cup (75g) caster sugar  
 1 cup (250g) mascarpone, at room temperature  
 1 tsp vanilla extract

For praline, line a baking tray with baking paper and spread over pine nuts. Place sugar and 1/4 cup (60ml) water in a pan over low heat, stirring until sugar dissolves. Increase heat to medium and cook, without stirring, for 5-7 minutes until golden. Pour over the pine nuts, cool completely, then break into shards. Set aside.

Heat milk in a pan over medium heat until just below boiling point. Stir in rice, then reduce heat to low. Cover and cook, simmering gently and stirring occasionally, for 35 minutes or until rice is soft and creamy. Remove from heat and cool.

Preheat oven to 170°C. Grease and line a 22cm round cake pan with baking paper. Beat eggs and honey in a bowl, then stir into cooled rice. Stir in nuts, sultanas, citrus peel and cedro. Add vanilla, lemon zest and butter, and stir well to combine. Pour into cake pan and bake for 45-50 minutes until set. Cool completely in pan.

Meanwhile, for the mascarpone cream, whisk eggwhites in a clean bowl until soft peaks form. Gradually add the sugar and continue to whisk until stiff peaks form. Gently fold in the mascarpone and vanilla.

Turn out cake, spread over mascarpone cream and serve topped with praline, extra pistachios and cedro. 

Opener: 'Money Penny' harlequin fabric in base ivy, Emily Ziz. 'Finch' serving platter in blue, Citta Design. Braised artichokes: 'Money Penny' harlequin fabric in base ivy, Emily Ziz. 'Bevanda' glasses in blue, Citta Design. Soup: 'Cross Grid' hi ball glasses in spearmint and skyline, Freedom. 'Manhattan' fabric in minty green, Emily Ziz. Ragu: 'Seb' dining chairs in navy and mustard, Jardan. 'Conor' jug in lagoon, Freedom. Cake: 'Conor' jug in lagoon, Freedom. For stockist details, see Directory, p 158.

# Stefano's BASKET

## OYSTERS

Most oysters in Australia are pre-shucked, which is a shame, as there's nothing like the flavour of a freshly shucked oyster in its own salty liquor. We have three commercial varieties in Australia – the Sydney Rock, Pacific and the native Angasi oyster – but even among the same variety flavours differ from river to river and estuary to estuary, so try plenty and try them often. Oysters handle delicate cooking and can be steamed lightly in their own juices, grilled until they pop open, or slipped into soups.



## ARTICHOKEs

Edible thistle may sound like an oxymoron, but artichokes – immature flower buds from a thistle variety – are just that. Boil and serve whole with melted butter or vinaigrette, peeling the leaves and dipping the tender bases, then removing the choke to expose the heart. A spring staple in Italy, Romans deep-fry them whole until tender, but artichokes also take kindly to stuffing and braising, and baby ones can even be eaten raw – if you can find them.

## PANCETTA

Pancetta is Italian pork belly cured with salt, black pepper and spices and is an indispensable flavour in Italian cookery, often finding its way into *soffrito* with onion, carrot and celery to form the base of soups and ragus, including the classic *ragu alla bolognese*. Buy the flat variety for use in cooking, or ask for thin slices of rolled pancetta to make your next antipasto platter irresistible.

## ITALIAN RICE

The regions around the Po River Valley, from Piedmont to the Adriatic Sea, specialise in rice, growing arborio, vialone nano and carnaroli, to name a few. These short-grain rices retain their shape during cooking, while absorbing a lot of liquid, so are perfect for risotto or rice pudding. Arborio is the most common in Australia, but seek out carnaroli or vialone nano for best results.

## WHAT ELSE TO BUY IN SEPTEMBER

- asparagus • avocado • blood orange • carrot • cucumber
- broad beans • lemon • leek • lettuce • peas • spring onion
- potato • silverbeet • spinach • zucchini

HAND PICKED.



## *growing* GAINS

Cutting his teeth in Sydney in the '80s and '90s, **Stefano Manfredi** has never followed the fashions, relying instead on his Italian roots, and his passion for great produce prepared simply.

**S**easonal eating and a farm-to-table ethic are the current fashion, but you wouldn't say Stefano Manfredi is just catching up. It's more like the trend is finally catching up with him. "It's what I've always done, in thirty plus years of having restaurants," he says. "The seasons are really the thing that inform me and my menus."

Coming from a time in Australia when mushrooms were only buttons or caps, potatoes were either washed or dirty, and there was still a preference for mutton over lamb, it was the prospect of having a garden and access to local produce that convinced Stefano to become involved in the regional high-end resort and restaurant Bells at Killcare. "It's in my DNA, as it is in most Italians," he says. "My dad always had a garden. We had fruit trees and he'd grow tomatoes and bottle his own wine."

Stefano first found acclaim with his award-winning Sydney venue The Restaurant, before lending his talents to the Central

Coast. Since, he's opened the glam osteria Balla back in Sydney at The Star, and is now involved in the newly reopened Pretty Beach House, not far from Bells in Bouddi National Park.

Bells' extensive garden now supplies the restaurant and the luxury guesthouse Pretty Beach House, which Stefano dubs an immersive experience. "It's exclusive and it's a folly – there's no property with just four rooms like this in Australia."

It's also a choose-your-own-adventure kind of place, with options to eat in the dining room, at the pass, select wines from the cellar, or kick back with wood-fired pizzas by the pool. Largely curated by Stefano and following his diverse passions, it's not showy, just classic and generous – much like his food. 

 @prettybeachhouse

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# IN GOOD TASTE

Rachel's Gourmet Greek Dessert Yoghurt

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## TABLETALK

**1** Chef-owners Shaun Quade and John-Paul Fiechtner are attempting to revolutionise dining at LUME in south Melbourne, where photos are discouraged and you won't see a menu until you've eaten. With a deg menu full of surprising pairings, from dairy cow in milk with preserved fruits to lamb's blood ganache with native apple jam, strap in for serious innovation from top chefs making their mark.

**2** Snack in style at the oyster and caviar bar in newly reopened BELLEVUE HOTEL in Sydney's Paddington. Can't drop the dollars? Try one of their prix-fixe menus for mod-Euro plates from brisket with smoked beetroot to chocolate tart with spiced caramel and pear, or hit their bar for fresh takes on pub classics.

**3** Gelato is taking over the country, with Messina well and truly cemented as an Australian classic, and Cow and Moon taking on the world from Sydney's Enmore. Now Brisbane is coming to the party with NOM NOM NATURAL GELATO in Bulimba. East-coast sun makes for perfect ice cream weather, so every day is a good day to try their classic and not-so-classic flavours, made with single-origin milk.

**4** Wrap your mouth around a NYC staple at REUBEN REPUBLIC in Sydney. After time on the market trail they've found a home to sell their sangas stuffed with pastrami, crispy pork or smoked brisket. Set to become yet another Marrickville icon.

## cheese PLEASE

Longtime Darlinghurst haunt LUCIO PIZZERIA, known for its hyper-popular pizza, is bringing a slice of Napoli to Sydney's booming Zetland. The larger space means no queuing for their signature half 'n' half margherita pizza and calzone, so you'll need another excuse to pull up a stool at their aperitivo and mozzarella bar. Sip on Aperol spritz and try their cheeses, including *bufula classica*, *bufula affumicata* (smoked) and burrata. House-made spaghetti and Italian wines round out the full menu, and dessert? We're talking Nutella pizza, tiramisu and baked ricotta cake. Be sure to save room.



## insider NEWS

Hot tables, lust-have products, the latest news, books & more.

## TRENDING NOW

## PERFECT PIZZERIAS

» *Pizzeria Violetta, Brisbane* (left)  
Expect authenticity aplenty with wood-fired pizzas and all-Italian drinks at this Italian enclave from Renata Roberts.

» *Pizzaperta, Sydney*  
Stefano Manfredi shows us how it's done at this hole-in-the-wall at The Star: slow ferment, cracking crust and classic toppings.

» *Lievita, Melbourne*  
Luca Guerra is bringing Roman street food to Melbourne with tray-baked pizzas cut and sold by weight. Yes, you heard right.

Edited by Heidi Finnane:  @runsandheids  @heidifinnane



INSIDER.



## *bold* DESIGN

**AURA** has been bringing splashes of colour to our homes for 15 years with Tracie Ellis' extravagant use of colour, oversized prints and daring patterns on all things from linen, to cushions, dinner party accessories and towels. Now they have a handle on ceramics with a vibrant range of coffee mugs, side plates and stacking tapas bowls. Inspired by travels from Scandinavia to India, grounded with Melbourne edginess, they're everything you need to style your table. [aurahome.com.au](http://aurahome.com.au)

### SALTY STUFF

*Queensland foodies rejoice. As if opening the doors to a second store in Sydney's Mosman wasn't enough, Italian provedore Salt Meats Cheese has also opened in Surfers Paradise. [saltmeatscheese.com.au](http://saltmeatscheese.com.au)*

### NEW IN



Get the delicious. look with this cake dish by **KATIA CARLETTI** (as seen on p 78). \$33. [koskela.com.au](http://koskela.com.au)



Crush and grind your way to flavour heaven with this classy new **JANA MARBLE** mortar and pestle. \$79.95. [countryroad.com.au](http://countryroad.com.au)

### DRINK IT

## AGE OLD

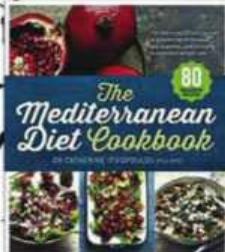
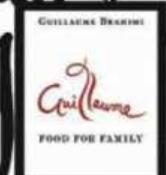
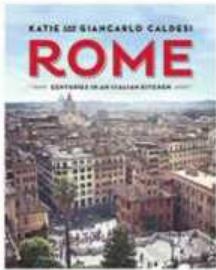
As early as the 19th century, savvy bartenders used vermouth to liven up Manhattans and martinis. These days it's the drink du jour thanks to artisan producers who are spicing things up. Our favourite? **CASA MARIOL** Vermut Negre. Serve as an aperitif over ice. \$49. [neatspirits.com.au](http://neatspirits.com.au)



Love a sneaky shortcut? Try the new **ALLIGATOR BRAND** range of fresh pastas, Per Tutti. Nonna will be impressed. \$8.99 (420g). [alligatorbrand.com.au](http://alligatorbrand.com.au)

Show your wine you care with varietal specific stemware from the **RIEDEL** Heart to Heart range including this glass designed exclusively to highlight the flavour profile of pinot noir from Central Otago. \$59.95. [riedelglass.com.au](http://riedelglass.com.au)





## READ IT

• An eclectic compilation album, **ROME: CENTURIES IN AN ITALIAN KITCHEN** (Hardie Grant Books, \$49.95) is full of guest recipes, sweet illustrations and beautiful travel and food photography showcasing Rome in all its glory. There's a mini snapshot of the city's culinary past, too. • **GUILLAUME: FOOD FOR FAMILY** (Lantern, \$79.99) is the celebrated chef's latest coffee table-style book featuring decadent menus designed for well-known Aussie families (think the Hemmes and Uptons) alongside intimate imagery of their stylish residences. • Doctor Catherine Itsiopoulos reveals how to put the Mediterranean diet into practice and shares 80 vibrant recipes to get you going in **THE MEDITERRANEAN DIET COOKBOOK** (Pan Macmillan Australia, \$34.99). She also busts a few food fads and gives the lowdown on recent research supporting the diet. • One of our favourite chefs, Yotam Ottolenghi, is at it again. **NOPI: THE COOKBOOK** (Random House Press, \$59.99) is a collection of more than 120 recipes, including baked blue cheesecake, and twice-cooked baby chicken, from Ottolenghi's chic Soho restaurant.



## PASTA post

Spend more time cooking and less time shopping thanks to these online providers bringing a taste of Italy to your home. Head to **RAW MATERIALS** (rawmaterials.com.au) for everything from grissini to mints; ditch the alphabetti spaghetti and make pasta fun again with coloured pastas from **SALT MEATS CHEESE** (saltmeatscheese.com.au); and try **IL PROVIDORE** (ilprovidore.com.au) to add more Italian flavours to your basket.

## FOR DAD

Get Dad kitted up Italian-style in this red-and-white striped apron from **WILLIAMS-SONOMA**. \$36. williams-sonoma.com.au



When India meets Italy... This **ROBERT PLUMB** Bollyhood tandoor oven comes with a pizza stone, too. \$2800. robertplumb.com.au

# the Italian TRAIL

We asked Matt Preston for his favourite Italian place. He gave us 12!



Just one? I head to **Caffe Cova** in Milan for an espresso and panettone;

### Generi Alimentari Da Panino

in Modena for a mortadella and provolone panino; a no-name canteen in **Porretta Terme** (the town where

Mario Batali learnt to make pasta) for fresh ricotta pasta envelopes in an impossibly vibrant sugo; **Cracco** in Milan for Carlo Cracco's coddled eggs with white truffle; Mario Batali's

### Babbo Ristorante e Enoteca

in New York for parfait-filled ravioli with a thick balsamic sauce; **Pizza e Mozzarella Bar** in Adelaide for pizza; **La Stalla**, just outside the walls of Assisi, for their grilled smoked cheese (a sort of local scamorza) bubbling straight off the wood barbecue; **Roscioli** deli in Rome for 12-hour-old mozzarella from Puglia;

### Campo de' Fiori

in Rome for tomato-topped focaccia fresh from the oven; **La Pergola**, also in Rome, for Heinz Beck's pasta pillows stuffed with carbonara sauce; **Simone's** in Bright, Victoria for Patricia Simone's tiramisu; **Osteria Francescana** in Modena for anything that Massimo Bottura makes; oh and I'll be eating pizza next week in Naples and spaghetti with sea urchin in Sicily the week after that!

INSIDER.



# ITALIAN job

Combine these delights to recreate the iconic aesthetic of the land of spaghetti, swarthy stallions and screen sirens at home.

PHOTOGRAPHY DIEU TAN STYLING LUCY TWEED

1. Simon Johnson panforte, \$27.95 (250g), [simonjohnson.com](http://simonjohnson.com).
2. Pantone 'Ketchup Red 186' 6 cup coffee maker, \$59.95, [shop.until.com.au](http://shop.until.com.au).
3. Il Forteto Cacio di Bosco Tartufo cheese \$10.59/100g, [simonjohnson.com](http://simonjohnson.com).
4. Microplane gourmet fine grater in black, \$29, [petersofkensington.com.au](http://petersofkensington.com.au).
5. Marble & wood cheese board, from \$20, [williams-sonoma.com.au](http://williams-sonoma.com.au).
6. Italian double concentrated tomato paste, \$8 (130g), [williams-sonoma.com.au](http://williams-sonoma.com.au).
7. Giorgio Armani 'Rouge Ecstasy' lipstick, \$52, 1300 651 991.
8. Shiseido 'Veiled Rouge' lipstick, \$38, (02) 9695 5678.
9. Guerlain 'Kiss Kiss' lipstick in red love, \$41, (02) 9695 5678.
10. Guerlain 'Rouge Automatique' lipstick in Rouge D'Enfer, \$45, (02) 9695 5678.
11. Truffle pecorino, \$24/200g, [saltmeatscheese.com.au](http://saltmeatscheese.com.au).
12. Pollastrini Sardines in tomato, chilli and olive oil, and olive oil and tomato, \$9.40 each (100g), [saltmeatscheese.com.au](http://saltmeatscheese.com.au).
13. Pastificio Venturino 'Birra' passata, \$4.50 (700g), [ilprovvidore.com.au](http://ilprovvidore.com.au).
14. La Vecchia Dispensa 10 year balsamic vinegar, \$39.95 (250ml), [simonjohnson.com](http://simonjohnson.com).
15. Tom Ford 'Private Blend Neroli Portofino' eau de parfum spray, \$295 (50ml), 1800 061 326.
16. Marcato 'Atlas 150 Wellness' pasta maker in red, \$120, [petersofkensington.com.au](http://petersofkensington.com.au).
17. Chef'n Pizza Scissors, \$24, [williams-sonoma.com.au](http://williams-sonoma.com.au).
18. Woodfired pizza bases (cheese and basil not included), \$10, [saltmeatscheese.com.au](http://saltmeatscheese.com.au).

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# basic INSTINCT

MARK LABROOY AND DARREN ROBERTSON of Three Blue Ducks fame sure know how to live *la dolce vita* with restaurants spanning the coast from Sydney's Bronte to the lush Byron Bay hinterland. Their latest project is The Farm, where a pared-back paddock-to-table approach is taking food back to its roots (to much acclaim – the boys are serving 1500 covers on the weekend). Here's a recipe from their latest book, *The Blue Ducks' Real Food*.



@threeblueducks



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## RHUBARB, ORANGE & ROSEMARY CAKE

SERVES 8

120g unsalted butter, softened  
3/4 cup (155g) raw sugar, plus 3 tsp extra  
2 eggs, lightly beaten  
1/2 cup (50g) almond meal  
Finely grated zest of 1/2 orange,  
plus juice of 1 orange  
2/3 cup (100g) plain flour  
1 tsp baking powder  
250g rhubarb stems, cut into 2cm pieces  
1 rosemary sprig, broken into pieces  
Creme fraiche, to serve

Preheat oven to 200°C. Grease and line a 16cm x 25cm rectangular cake pan with baking paper.

Beat butter and sugar until thick and pale. Slowly add egg, adding 1 tbs almond meal before the final amount of egg. Stir in orange zest and juice. In a separate bowl, combine flour, baking powder, 1 tsp salt and remaining almond meal, then fold into batter. Spoon batter into pan. Dot rhubarb and rosemary over the top, then sprinkle over extra sugar. Bake for 45-50 minutes until a skewer comes out clean. Set aside to cool. Serve with creme fraiche. 

*The Blue Ducks' Real Food* (Plum, \$39.99), by Mark Labrooy and Darren Robertson, is available in bookshops nationally.





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HOTSPOT.

## besser

**WHERE** 3/355 Crown St,

Surry Hills, NSW;  
(02) 9331 1611.

**WHO** Besser is the latest offering from Sydney's A Tavola crew – Eugenio Maiale, Ennio Di Marcos, Sandro di Marino and Luke Randall. **THE BUZZ** The informal vibe is inspired by the backyard parties the boys grew up with in their family homes, which explains the besser blocks holding up the bar and laminex tables.

**THE MENU** All the classic dishes your Italian neighbour would pass over the fence... generous meatballs, fried garlicky sardines and a daily risotto cooked to order from 6.30pm.

**THE DRINKS** Good-quality tap wine served in carafes alongside bottles from Australia and Italy.

**MUST-EAT** Kick things off with hefty meatballs showered in parmesan and a glass of sangiovese while you wait for the risotto to cook.

WORDS SHANNON HARLEY LOCATION PHOTOGRAPHY ALANA DIMOU FOOD PHOTOGRAPHY PRUE RUSCOE STYLING LUCY TWEED  
Popette: 'Red Cannabar' deep enamel plate and, 'Pearl Grey' enamel dinner plate both by Variopinte, Citta Design.  
For stockist details, see Directory, p 158.

# block PARTY

Sydney's A Tavola team are spreading their cool cucina to Surry Hills with **Besser**, where you'll feel like one of the family.

### POLPETTE (MEATBALLS)

SERVES 4

2 tbs extra virgin olive oil  
1/2 onion, finely chopped  
2 garlic cloves, finely chopped  
3 slices mild pancetta, roughly chopped  
1 anchovy fillet in oil, drained, chopped  
1 rosemary sprig  
1/3 cup (80ml) dry white wine  
1 1/2 slices (50g) ciabatta, crusts removed  
100ml milk  
150g each pork, veal and chicken mince  
1/3 cup (25g) finely grated parmesan  
1/2 tsp freshly grated nutmeg  
Chopped flat-leaf parsley leaves,  
to serve

### SALSA AL POMODORO

1/2 cup (125ml) extra virgin olive oil  
2 garlic cloves, finely chopped  
1/2 tsp dried chilli flakes  
2 x 650ml jars tomato passata  
1 cup (250ml) chicken stock  
1/2 bunch basil, stalks and leaves intact  
1 tsp dried oregano

For the pomodoro, heat 1/4 cup (60ml) oil in a pan over medium heat. Cook garlic and

chilli for 1 minute or until fragrant. Add passata, stock and basil, increase heat to high and bring to the boil. Reduce heat to low and add oregano. Cook, stirring occasionally, for 45-60 minutes until thickened. Remove from heat and discard basil. Stir through remaining 1/4 cup (60ml) oil. Season.

Heat oil in a frypan over low heat. Cook onion, stirring, for 8-10 minutes until softened. Add the garlic, pancetta, anchovy and rosemary, and cook for 8-10 minutes until tender. Add wine, and cook for 3-5 minutes until liquid evaporates. Transfer to a bowl and discard rosemary. Set aside to cool.

Meanwhile, preheat oven to 160°C. To make polpette, tear ciabatta into small pieces, then soak in milk for 5 minutes. Squeeze out excess milk, discarding milk. Add ciabatta to onion mixture. Add mince, parmesan and nutmeg, season and stir to combine. Roll into walnut-sized balls and place in a baking dish. Top with pomodoro and cover with foil. Bake for 40 minutes, then remove foil and bake for a further 10 minutes or until sauce is very thick.

Divide polpette and sauce among bowls and top with parsley.

HOTSPOT.



# family TREE

Down a laneway in hip Braddon lies the Trimboli family's latest venture, **Bacaro** – an old-school wine bar with serious food appeal.

## EGGPLANT PARMIGIANA

SERVES 4-6

1/4 cup (60ml) olive oil  
750g baby eggplants, cut lengthways into 1cm-thick slices  
5 garlic cloves, crushed  
3 x 400g cans peeled tomatoes  
1/4 cup chopped basil leaves, plus extra whole leaves to serve  
400g bocconcini, drained, sliced  
2 cups (160g) finely grated parmesan, plus extra to serve  
200g ricotta

Preheat oven to 180°C. Brush both sides of eggplant with 1 tbs olive oil. Season, then arrange in a single layer on a baking paper-lined baking tray. Roast, turning once, for 35-40 minutes until golden and cooked through. Remove from oven, set aside to cool.

Reduce oven to 160°C. Heat remaining 2 tbs oil in a large saucepan over medium heat. Add garlic and cook for 1-2 minutes until fragrant. Add tomatoes and cook for a further 10 minutes or until thickened. Remove from heat and add basil. Season. Set aside and keep warm.

To assemble the parmigiana, spread a thin layer of warm tomato sauce over the base of a 20cm x 30cm baking dish. Top with a layer of eggplant, then top with another layer of tomato sauce and one-third bocconcini, parmesan and ricotta. Repeat layers twice more, finishing with a final layer of cheeses. Cover the dish with foil and bake for 25 minutes, then remove foil and bake for a further 25 minutes or until golden and bubbling. Remove from oven and set aside for 10 minutes.

Garnish with whole basil leaves and serve with extra parmesan. 

*bacaro*

WHERE 7 Lonsdale St, Braddon, ACT; (02) 6162 4888.

WHO Canberra restaurateurs the Trimboli brothers wanted a bar where diners could have an aperitivo before dinner, so they bought the bike shop next door to their Italian & Sons restaurant and Bacaro was born.

THE BUZZ Low-lighting and a sleek Italian marble bar set the scene for Canberra's best-dressed, who sip on a negroni or Italian vini listed in chalk on the wall.

THE MENU Drink-friendly plates of house-made salumi, Italian cured meats and doughy fried pillows of gnocco fritto.

THE DRINKS It's a Cinzano and Dubonnet revival on the aperitivo front, while wines are sourced from Venice to Sicily and sold by the glass, carafe or bottle.

MUST-EAT Don't save room. Eat all the gnocco fritto on your antipasti board!

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## Decadent desserts in real terracotta pots!



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# time to SALUTI

Mike Bennie works on his Italian accent to reveal the lesser-known grape varieties packing real punch in Australia and the winemakers behind them.

## family ties

Nebbiolo, sangiovese, montepulciano, sagrantino... they're just a few of the talked-about Italian-accented grape varieties making waves in Australia. It's a quiet revolution, but one that we're welcoming; said grapes seem to work better with our food culture. White grapes like vermentino and fiano tend to have vivacious perfumes and crisp acidity that lend themselves to seafood, while also handling the zingy flavour of Thai and Chinese.

Medium-bodied, tannin-driven, savoury red wines of Italian origin are also on point. While Australia might have a love and wealth of bombastic, muscular red wines made from shiraz and cabernet, it's nebbiolo and nero d'avola that are proving to be perfect foils for our love of barbecued foods and fuss-free pasta nights at home.

We're lucky in Australia to have had such great influence from Italian immigrants. The Snowy Mountains Hydro-electric Scheme was led by Italian labourers who then settled in King Valley, Victoria, before turning to farming and grape growing. Since then, families like the Pizzinis and Dal Zottos have been at the helm of Italian-accented Australian wines.

Australian-Italian immigrants also brought with them a culture of food and wine. Take the D'Anna family, who have been working with wine for more than 50 years and run Melbourne's gourmet supermarket Boccaccio Cellars, for example. Families like this are intrinsic to the modern face of Australia's food and wine culture. Under their influence, wine is no longer about getting your booze on, but rather rounding out and value adding to our meals.

 @mikerism101



**CORIOLE FIANO 2015, \$25** McLaren Vale's Coriole winery was one of the first Australian producers to work with Italian grape varieties. They don't disappoint with this seriously refreshing, easy drinking, lightly nutty white wine produced from the fiano grape variety. The drop pairs superbly with *pesce crudo* (raw fish).



**FRATELLI D'ANNA ROSSO DI MONTALCINO 2013, \$50** The Fratelli family travel to Italy regularly and have picked out a small parcel of wine to bottle under their own colourful label. Made from sangiovese in Tuscany, it's a savoury red built for gourmet pizza and *bistecca alla Fiorentina* (Florentine T-bone steak).



**CASTAGNA CLASSIC DRY VERMOUTH, \$45** The Castagna family trace their roots back to Italy but have made their life in Beechworth, Victoria, on their biodynamically farmed vineyards. With its exotic aromas, and citrusy, spicy botanical characters, their new-release vermouth tastes wicked in a negroni.



**AMATO VINO TEROLDEGO 2013, \$40** Teroldego is a grape that hails from Italy's northeast, but thanks to yoga-loving surfer-cum-winemaker Brad Wehr it's found a home in laidback Margaret River. Brad's pleasingly sour-sweet teroldego has firm, chewy tannins, dark fruitiness and a dusting of spice.



**DAL ZOTTO PUCINO PROSECCO NV, \$22** The Dal Zotto family of King Valley, Victoria, produce a super range of prosecco very worthy of attention. This wine is fruity and vibrant with crunchy, refreshing bubbles and an apply-tasting finish. For a killer spritz, add a splash of Campari. (See Locavore, p 150, for Christian Dal Zotto's guide to the area).



**BIRRA DEL BORGIO MY ANTONIA, \$16.50** This complex, hoppy beer is produced in Borgorose, Italy, in collaboration with craft brewery Dogfish Head of Delaware. It's fruity with floral notes, packed with flavour and very refreshing. Its Italian-American styling is unique and the beer is best enjoyed with a plate of Parma ham. 

Please drink responsibly

The matriarch.



## New Vintage Release Patricia 2009 Cabernet Sauvignon

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## MEAT MARKET.



### *the CHEF & the BUTCHER*

An Irish guy making polenta? Never one to follow the rule book, **Colin Fassnidge** is put to the test this month by Vic's Meat butcher **Anthony Puharich**, who throws the classic veal cut girello on the butcher's block.

**A** So, it's the Italian issue...

**C** How does that work? We're not Italian.

**A** Should it be the Irish issue?

**C** Ha! I always argue with [Italian chef Guy] Grossi. He'll talk about some dish that's steeped in history, and I'll tell him it's just beef and mash, but the Italians have built this story around it. We've got the same recipe in Ireland, we just don't romanticise it – because we're busy pushing on!

**A** That's a stretch comparing Irish history with Italian history.

**C** Yeah, we're way ahead. We're Vikings!

**A** So you're starving and eating potatoes in the cold, while the Italians are having a good time drinking wine and eating cheese. What have you got? U2 and that's it.

**C** How many Italian bands are at the top of their game? There you go.

**A** Back to the meat. What did you think when you heard it was the Italian issue?

**C** Osso buco, meatballs, bolognese...

**A** Exactly. So I steered clear of the obvious choices. Girello is from the silverside – one of the four leg muscles. It's a classic Italian cut used to make vitello tonnato, but it's not

strictly Italian. To be honest, the silverside is the cut that people think is ordinary, which is why the Irish pumped it with a salty brine – that's where they got their corned beef from. They added some colcannon and thought they invented food [laughs]!

**C** Hey, I love colcannon!

**A** Veal is one of those cuts that is tender, but there's not much flavour, and that's why Australians don't eat so much of it because we love our robust cuts of lamb and beef. You need to cook veal in a way that imparts a lot of flavour to make the most of it.

**C** When I cook veal, I poach it in milk. I can't throw the poaching liquid away – it would kill me. So I've used it to make polenta.

**A** You used the milk you cooked the veal in as a base for the polenta? That's clever.

**C** It's the no-waste, nose-to-tail philosophy taken to another level. The same way you'd never throw your pan juices or broth away.

**A** Look, he's an environmentalist, too!

**C** Yeah, I also drink it and bathe in it!

**A** Do you know I've met a lot of Italians with red hair and many have Irish blood, so you might be closer to polenta than you think!

### VEAL GIRELLO WITH POLENTA AND PEA & BROAD BEAN SALAD

SERVES 4-6

You will need a meat thermometer.

2.5L (10 cups) milk

1 onion, halved

1 1/4 cups (100g) finely grated parmesan, rind reserved

1/2 garlic bulb, smashed

1 bay leaf

1/2 bunch thyme

1kg veal girello fillet, trimmed

Micro cress and red garnet, to garnish

#### PEA & BROAD BEAN SALAD

1 cup (120g) fresh peas

1 cup (150g) podded broad beans

1 tbs white wine vinegar

2 tbs extra virgin olive oil

1 tsp Dijon mustard

1 tbs finely chopped flat-leaf parsley leaves

#### POLENTA

2/3 cup (110g) instant polenta

20g unsalted butter

1 1/4 cups (100g) grated parmesan

Combine milk, onion, parmesan and rind, garlic, bay and thyme in a pan over medium heat. Season and simmer for 5 minutes. Reduce heat to medium low. Add veal, adding more milk to cover if necessary. Cook for 15-20 minutes until veal reaches 48°C. Remove from pan and rest, loosely covered with foil, for 10 minutes. Strain milk, reserving 2 cups (500ml). Discard solids.

For polenta, place reserved milk in a pan over medium high heat and bring to the boil. Reduce heat to low, add polenta and cook, stirring constantly, for 5 minutes or until creamy. Stir in butter and parmesan. Season.

For the salad, blanch peas and broad beans in a pan of boiling salted water for 1-2 minutes until tender. Drain and refresh under cold water. In a separate bowl, whisk remaining ingredients together. Drizzle over peas and beans.

Serve polenta topped with thinly sliced veal, salad and micro herbs. 

**BUTCHER'S CUT**  
*girello*



Girello is cut from the veal hind leg and makes up one of the three main muscles of the veal silverside. Also known as the eye round, the Italians love to poach girello in milk for vitello tonnato, crumb it to make schnitzel or scallopini, or pair it with sage and cheese for saltimbocca. Order ahead from your butcher and remember you can use any trimmings to make stock.



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# *you're invited to* **FOODIE HEAVEN**

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1

## DINE WITH AUTHOR ALISON CROGGON

In the heart of Sydney, a stone's throw from the Opera House, is the beautiful boutique Harbour Rocks Hotel. Enjoy the ambience of the famous Rocks precinct with author and critic, Alison Croggon. Alison, who has written everything from opera libretti to fantasy novels is looking forward to sharing her words, stories and thoughts with guests over dessert.

**WHEN:** 6.30pm, Friday, September 25

**WHERE:** Harbour Rocks Hotel,  
34 Harrington St, The Rocks, Sydney

**PRICE:** \$125 per person

**BOOK:** (02) 8220 9999



### *Harbour Rocks Hotel Sydney Menu*

Seared scallops wrapped in crispy prosciutto  
with raisin and caper vinaigrette

*Eden Trail Riesling, Eden Valley, SA*

Roast beef fillet served with grilled asparagus,  
shimeji mushrooms, bone marrow and jus

*Ara 'Select Block' Pinot Noir, Marlborough, NZ*

Banana creme brulee with  
peanut brittle ice cream

*Frogmore Creek Iced Riesling, Tasmania  
or Rackhouse Flip cocktail*



**2**

## DINE WITH AUTHOR HANNAH KENT

Escape to the magical oasis that is The Reef House. A colonial beach house located between the turquoise waters of the Great Barrier Reef and the lush Daintree Rainforest, this is the perfect place to unwind. Hannah Kent, shortlisted for the Baileys Women's Prize for Fiction and the Guardian First Book Award, will join you to share her tales of novel writing while you enjoy delicious food and wine.

**WHEN:** 6.30pm, Saturday, November 21

**WHERE:** The Reef House, 99 Williams Esplanade, Palm Cove, Queensland

**PRICE:** \$140 per person

**STAY:** Why not stay for the weekend? Enjoy overnight accommodation in an upgraded Verandah Room, a la carte & buffet breakfast, and the Literary Collection event. For two: \$499, for one: \$349. Extend for an extra night for \$269, including complimentary upgrade, full breakfast and \$100 spa voucher.

**BOOK:** (07) 4080 2600

\*When booking, advise of dietary requirements



*These literary events, hosted by MGallery and The Wheeler Centre, are the perfect mix of fine dining and stimulating conversation in idyllic, inspiring settings.*

### *The Reef House Degustation*

Pulled sand crab with spiced avocado & tomato salsa

*Biancavigna Prosecco, Veneto, Italy*

Scallops & twice-cooked pork belly with pineapple & candied ginger jam

*Crabtree 'Hilltop' Riesling, Clare Valley, SA*

Wild-caught barramundi with coconut pilaf rice, mild Thai red curry sauce & crisp nam jim salad

*Rockbare Chardonnay, McLaren Vale, SA*

Queensland lime sorbet with Champagne

Australian grass-fed eye fillet wrapped in prosciutto with parmesan & white polenta, porcini croquette, baby carrots and shallot jus

*Yangarra Shiraz, McLaren Vale, SA*

Vanilla bean creme brulee with caramelised cane sugar, mixed berry compote, pistachio biscotti

*Vasse Felix Cane Cut Semillon, Margaret River, WA*

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# make it from SCRATCH

Nutella can be guilt-free, says **Mike McNearney**, who shares his healthy version of this Italian-born spread.

PHOTOGRAPHY BRETT STEVENS STYLING LUCY TWEED

**NUTELLA WAS FIRST** developed as an affordable luxury product in the 1940s by Pietro Ferrero. Cocoa had been in short supply after World War II, and Pietro sought a way to extend the small amounts of cocoa available by combining it with a sweet paste made from hazelnuts, which were abundant in Italy's Piedmont region.

It was originally sold as a solid block, however in 1951 a spreadable version called Supercrema was created. This version extended its use further, allowing people to enjoy it on bread, and at an accessible price. In 1964 the Supercrema version was rebranded to Nutella by Pietro's son, Michele. It was an instant success and meant that chocolate was no longer reserved for special occasions such as Easter or Christmas.

Nutella, like most treats, is laden with processed sugar. I've always been conscious of the amount of sugar my family consumes, so I created my healthy nutella to not only reduce our sugar intake, but to derive the health benefits that cacao, virgin coconut oil and maple syrup deliver in their purest forms.

I certainly don't feel guilty about spreading my healthy version on a baguette in the morning and feel even less guilty about it going into my cooking.

## HEALTHY RAW NUTELLA

MAKES 400G

Begin this recipe 1 day ahead. Store at room temperature for up to 1 week.

**2/3 cup (100g) hazelnuts**  
**1 cup (100g) cacao powder**

**100g extra virgin coconut oil**  
**100ml maple syrup**

Soak hazelnuts in water overnight. The next day, drain and rinse well. Place hazelnuts in a food processor and whiz until fine. Add 1/4 tsp salt and pulse to combine. Add 1/4 cup (25g) cacao and whiz to combine, then add 25g coconut oil, and whiz until combined. Repeat, alternating between cacao and coconut oil, and scraping down sides of bowl, until combined. Add maple syrup in a thin stream to form a paste. If mixture splits, add warm water, 1-2 tbs at a time, with the motor running to bring back together. Place in an airtight container and store.

## RAW NUTELLA BARS

MAKES 10

Store in an airtight container for up to 1 week.

**1/3 cup (55g) almonds**  
**2 tbs each pumpkin seeds (pepitas), sunflower seeds and linseeds**  
**1/2 cup (50g) almond meal**  
**75g desiccated coconut, plus 1 tbs extra**  
**400g healthy raw nutella**

Whiz almonds, pumpkin and sunflower seeds in a small food processor until roughly chopped. Combine with linseeds, almond meal, coconut and nutella.

Line a 10cm x 20cm loaf pan with plastic wrap. Press mixture into pan and sprinkle over extra coconut. Cover with plastic wrap and chill for 30 minutes or until firm.

## NUTELLA SCROLLS

MAKES 10

**375g Careme All Butter Puff Pastry, thawed**  
**50g healthy raw nutella**  
**1/4 cup (35g) hazelnuts, roughly chopped**

## CREME PATISSIERE

**1/2 vanilla bean, split, seeds scraped**  
**or 1 tsp vanilla bean paste**

**100ml milk**  
**1 tbs cornflour**  
**1 egg**  
**2 tbs caster sugar**

For creme patissiere, combine vanilla pod and seeds, and 80ml milk in a pan over medium-low heat and bring to just below boiling point. Remove from heat and discard vanilla pod. Combine cornflour and remaining 1 tbs milk in a bowl. Add egg and sugar, and whisk until pale. Pour warm milk into egg mixture, whisking to combine. Return to saucepan and place over medium-low heat. Cook, whisking constantly, for 3-4 minutes until thick and smooth. Transfer to a bowl and cover with plastic wrap. Chill for 20 minutes.

Preheat oven to 200°C. On a lightly floured work surface, roll out pastry into a 30cm x 30cm square. Spread evenly with nutella, then spread with creme patissiere. Roll up the pastry into a loose swiss roll. Freeze for 15 minutes to firm up. Slice into 10 even rounds and place cut-side up on a baking paper-lined baking tray. Flatten slightly, then scatter with hazelnuts. Bake for 20-25 minutes until golden. 





#### STEP-BY-STEP

1. Soaking or 'activating' hazelnuts will not only make them plump, juicy and easy to form into a paste, it also makes them easier to digest. Soak for at least 8 hours.
2. Using a food processor for the healthy raw nutella, alternate between adding cacao and coconut oil.
3. Add maple syrup in a thin stream to form a paste.
4. Store nutella in an airtight container at room temperature for 1 week.
5. This raw nutella is so versatile it can be used for all sorts of healthy snacks, spread on fresh baguettes and even as icing for a cake.



#### DID YOU KNOW?

- Cacao (ground raw cocoa beans) is ranked the fourth most nutrient-rich food on earth.
- Cacao is an antioxidant, high in minerals, especially magnesium.
- Virgin coconut oil contains good fatty acids, supports immunity and eases digestion.
- An unrefined sweetener, maple syrup has several antibacterial properties.



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I'M LOVING.



# i'm loving... PASTA (*that ain't italian*)

For centuries before Italy existed, cultures worldwide were proudly making pasta, says **Matt Preston**, who uncovers a treasure trove of inspired 'pasta' dishes.

**WHILE THE ITALIANS MIGHT CLAIM** that there are over 310 different pasta forms, there are probably far more pasta dishes that aren't Italian. Especially given that many of the more famous shapes and guises, such as pasta bake (*pasticcio*), dried pasta and gnocchi, were originally Greek, Palestinian or Arab.

You'll find Arab-born pasta dishes across the Mediterranean, whether a Valencian *fideua* (a seafood paella made with short thin spaghetti-like noodles rather than calasparra rice) or Egyptian *kushari* (a street-food favourite with macaroni dancing among rice, lentils and caramelised onions).

In fact, in the 15th century the common name for noodles wasn't 'pasta' but 'vermicelli' and these skinny noodles span the world, too. Today, vermicelli noodles appear in India as crunchy fried sev or cooked in coconut milk to make a sweet *kheer* pudding and pop up in other parts of Asia as Hokkien *bee hoon*, Burmese *kyan* and Vietnamese *bun*.

It isn't just ramen, soba and udon (all inspired by China's *la mian* noodles) that fly the pasta flag in Asia. For me, some of the greatest 'pastas that ain't Italian' come out of Asia, from an Indonesian *mie goreng* and Thai *laksa* to Malaysian fried *char kway teow*. Then there's Sichuan *dan dan mian*, a tangle of snowy noodles doused in a hot pepper-spiced mince sauce that can sometimes look like bolognese without a tomatoey blush.

In the US, second and third generation American-Chinese might scoop peanut butter onto their *dan-dan* noodles and this leads us neatly to a whole other category of pasta that isn't Italian: stuff that's new and fusiony. If you're trendy, here you'll point to cool 'new pastas' like David Chang's recipe for gnocchi made from two-minute noodles, or post-Korean War stews that mix ramen noodles with hot dogs or Spam. Then there's the delicious taramasalata-tasting *mentaiko* spaghetti from Japan that takes the pasta and coats it in a mix of Korean chilli fish roe, Japanese mayo and melted butter.

To be brutal, not even what we call spag bol is Italian. It's actually a bastardised emigre version of a tagliatelle ragu that has become so popular overseas that it's classed as a 'national' dish alongside chops and peas in Australia, chicken tikka masala in Britain and herrings in Scandinavia.

So, here is my pasta that isn't Italian: ricotta gnocchi with shaved Brussels sprouts, smoked bacon and almonds. Like I mentioned, gnocchi is an Arab invention, while the use of ricotta dates back to the 1st century AD when Sicily, an Arab emirate at the time, began making the cheese. Potato gnocchi is a later version Italy can claim – but even they acknowledge that the concept returned from the Middle East with legionnaires who'd been stationed there.

## RICOTTA GNOCCHI WITH BRUSSELS SPROUTS, BACON AND ALMONDS

SERVES 2

400g fresh firm ricotta  
1/4 cup (35g) plain flour, plus extra to dust  
50g unsalted butter, chopped  
2 tbs extra virgin olive oil  
8 rashers streaky smoked bacon, cut into 3cm pieces  
300g Brussels sprouts, shaved using a mandoline  
1/2 cup (50g) sliced natural or flaked almonds  
Micro parsley and grated parmesan, to serve

Preheat oven to 100°C. Line a baking tray or plate with paper towel, crumble over ricotta, then top with more baking paper and press to remove excess moisture. Transfer ricotta to a bowl and sprinkle over flour. Using your fingers, gently pull to form a dough. If mixture is very sticky, add an extra 1-2 tsp flour.

Place butter in a baking dish in oven until needed. Bring a large pan of water to the boil, then reduce heat to medium and keep at a simmer. Divide dough into 4, then roll each portion on a lightly floured work surface into a 3cm-thick sausage (avoid adding more flour when rolling). Cut each sausage into 1cm-thick slices, then place on 4 small sheets of baking paper. Carefully lift one sheet, gently slipping gnocchi into water and cook until they rise to surface. Cook for a further 30 seconds or until just cooked, then drain. Transfer to baking dish with butter and keep warm in oven. Repeat with remaining gnocchi.

Heat oil in a frypan over medium heat. Add bacon and cook for 3-4 minutes until crispy. Add Brussels sprouts, season and cook for 2-3 minutes until wilted and slightly golden.

Serve gnocchi, sprouts, bacon and pan juices scattered with nuts, parsley and parmesan. 



@mattscravat



@mattscravat



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Copper glass by Serax; Beautiful Spaces; rectangular cheese platter in marble, Koskela; 'Goa' fork in white and matte 24-carat gold by Cutipol; Francalia; and peasant bowl in satin by Batch, Crave Wares. For stocklist details, see Directory, p 158.





# AGAINST *the grain*

A gobsmacked **Anthony Huckstep** joins a Tuscan chef who's throwing out the rule book when it comes to making the perfect risotto.

**LET'S FACE IT**, our recent obsession with Frankenfoods not only flies in the face of tradition, it puts the case for devolution on the table. Cronuts, hot-dog éclairs, waffle tacos, meat pie-stuffed pizzas... When I feel like a pie I don't usually reach for the phone and order a pizza. But, sticking to tradition inhibits the opportunity to discover something new I hear you say.

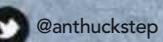
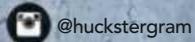
A lack of tradition has allowed Australian winemakers the freedom to throw caution to the wind. It's resulted in some smashing grape juice, and the world has taken note. Given the right circumstances, perhaps tradition should be challenged. What history has taught us is that no matter the technique, there is one ingredient that makes the difference in food: love. Who knew this gruff guy could be so warm and fuzzy, right? The truth is, one can taste love and passion in food.

If ever a dish required 'love and attention', it is, of course, risotto. That's right, *MasterChef's* so called "death dish" is like a big cuddle from nonna. But you've got to work for it. Or do you?

*"In front of Marco is a pot of uncooked rice. Next to that is a pot of boiling water. No onion. No stock. No roasted rice."*

While in Tuscany to report on the S.Pellegrino Young Chef 2015 competition, I was invited into the kitchen with Michelin-starred chef Marco Stabile, of Ora d'Aria, for a crash course in love, er, I mean risotto making. I'm greeted by a gentle giant who looks a little like Harry Potter's Rubeus Hagrid. What I soon discover, to my surprise, is a touch of risotto wizardry that snubs its nose at tradition.

"I make it completely opposite to the traditional way," he says. Mamma mia! We're in risottoland – is he mad? "But what do traditionalists say?" I ask. "They don't like before they taste," he admits. "Then they taste and they like," he says, laughing from deep within his belly. Hang on. I thought I was tapping into the culinary gods' age-old traditions. Who is this wild child? What's he on about?



Well, let's first look at risotto. Traditionally you sweat the onion, toast the rice, add acidity such as wine, cook out the alcohol, and then get busy adding stock and stirring to release the starch. You repeat until it's ready, giving it your undivided attention.

In front of Marco is a pot of uncooked rice. Next to that is a pot of boiling water. No onion. No stock. No roasted rice. No oil. He warms the rice, then adds the boiling water: three parts water, one part rice. He puts a lid on it and sets a timer for 10 minutes. He looks me in the eye: "Now, we wait". Wait, what? He's boiling the rice. This surely can't be nice.

Marco uses Acquerello brand carnaroli. It's an unhusked rough rice that's aged for more than a year before it's peeled. He believes the natural flavour, through ageing, is lost if you roast the rice, or let it soak up the flavours of a stock. The point is to cook the rice without agitating it. Essentially, preventing it releasing the starch – the key to risotto's texture.

The buzzer goes off. He lifts the lid. "Perfect," he declares. The other elements – onion, butter, cheese or whatever you please

– are prepared independently and stirred in just before plating, with some real elbow grease. The vigorous action releases the starches quickly from the cooked rice and within three minutes you have risotto. The approach spawned from his desire to create the texture of risotto, but to be able to enjoy the flavour of the actual rice, not the stock. Most people would be none the wiser.

His risotto with 'forest soil' is deep black courtesy of blackened vegetal carbon. Some 37 dehydrated and ground vegetables are added during the final moments and include fennel, white asparagus, almonds, porcini mushrooms, sesame oil and butter. It smells like a forest.

On the palate it feels like a delicate risotto, not the intense 'marmalade' texture you expect. It's nuttier and yet the added ingredients are front of mind. I may have been expecting old-school risotto with a loving nonna embrace, but Marco's brave new bear hug certainly got my attention. 

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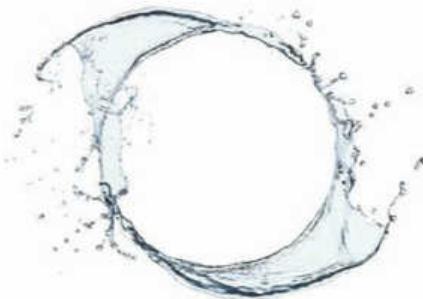
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ON TREND.

# *the* **NEW** *ITALIAN*

While there will always be a place in our hearts (and stomachs) for bolognese, renaissance master **Phoebe Wood** reboots the classics to create a new line-up of must-cook Italian dishes.

PHOTOGRAPHY BRETT STEVENS STYLING KIRSTEN JENKINS



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Gnocco fritto with  
rosemary salt (recipe p 79)



“THIS CHEAT’S VERSION OF A CLASSIC VENETIAN CICCHETTI MAKES THE PERFECT SALTY AND CREAMY STARTER.”



ON TREND.

## CHEAT'S BACCALA MANTECATO WITH FENNEL OIL

SERVES 6 AS A STARTER

*This cheat's version of a classic Venetian cicchetti (bar snack) makes the perfect salty and creamy starter.*

400g can cannellini beans, rinsed, drained  
15 marinated white anchovies in vinegar (boquerones), drained  
2 garlic cloves, crushed  
Juice of 1 lemon  
1/3 cup (80ml) extra virgin olive oil  
1 cup (280g) thick Greek-style yoghurt  
Fennel fronds and grissini, to serve

### FENNEL OIL

1/4 cup (60ml) extra virgin olive oil  
2 tsp fennel seeds, toasted

For fennel oil, heat oil and fennel seeds in a small saucepan over medium-low heat for 3 minutes or until fragrant. Remove from heat and set aside to cool.

Whiz the cannellini beans, anchovies, garlic, lemon juice and oil in a food processor until very smooth. Whisk in the yoghurt to combine. Season. Spread onto a serving dish and drizzle with fennel oil. Top with fennel fronds and freshly ground black pepper. Serve with grissini on the side.

## HEIRLOOM TOMATO, RADISH & YOGHURT FLATBREAD PANZANELLA

SERVES 8 AS A STARTER

*Panzanella is a traditional Tuscan salad which features stale chunks of bread and tomatoes soaked in a vinegary dressing. This version has doughy yoghurt flatbreads that are perfect for mopping up the tangy dressing.*

1 garlic clove, crushed  
1 eschalot, finely chopped  
2 tbs red wine vinegar  
2 tbs extra virgin olive oil  
5 mixed heirloom tomatoes, thinly sliced  
10 heirloom cherry tomatoes, halved



Heirloom tomato, radish & yoghurt flatbread panzanella. OPPOSITE: cheat's baccala mantecato with fennel oil.

6 mixed radishes (we used French breakfast, baby and Champagne varieties), thinly sliced  
6 radicchio leaves, torn

1/2 cup (75g) broad beans, blanched, podded  
1/2 cup micro basil leaves, to serve

### YOGHURT FLATBREADS

2<sup>2</sup>/<sub>3</sub> cups (400g) self-raising flour  
1 tsp baking powder  
1/2 cup (40g) finely grated parmesan  
1/4 cup (60ml) extra virgin olive oil  
1 tsp red wine vinegar  
1 1/4 cups (350g) thick Greek-style yoghurt

For the yoghurt flatbreads, combine all ingredients in a bowl with 1 tsp salt flakes. Stir to form a dough, then cover with a clean tea towel and set aside for 20 minutes to rest.

Heat a chargrill pan or frypan over medium-high heat. Divide the dough into 8 equal portions and roll out to 8mm thick. Cook, in batches, in a dry pan for 3 minutes, turning once, or until golden and charred.

Whisk the garlic, eschalot, vinegar and oil in a bowl. Season.

Place flatbreads on a board and top with tomato, radish, radicchio, broad beans and basil. Drizzle with dressing to serve.



## TESTAROLI WITH ALMOND, TOMATO & GARLIC PESTO

SERVES 4

Testaroli are crepes made from a basic flour water batter, fried and cut into thick freeform strips – the ultimate no-roll pasta.

2 cups (300g) plain flour

1 tbs extra virgin olive oil

Finely grated parmesan and micro parsley, to serve

### ALMOND, TOMATO & GARLIC PESTO

2 garlic cloves

4 anchovies in oil, drained

1/4 cup flat-leaf parsley leaves, roughly chopped  
1/2 cup (80g) roasted almonds  
Juice of 1 lemon  
1/4 cup (60ml) extra virgin olive oil  
250g heirloom cherry tomatoes, halved

To make testaroli, sift flour into a bowl with a pinch of salt. Gradually whisk in 2 3/4 cups (685ml) lukewarm water to form a smooth batter. Brush a 24cm crepe pan with 1 tsp oil and place over medium-high heat. Add 1 ladle batter, swirling to form a thin crepe. Cook for 1-2 minutes, then flip and cook for a further 1 minute or until very light golden.

Transfer to a board and repeat with remaining oil and batter to make 6 crepes. Cut crepes into thick ribbons. Set aside.

For the pesto, using a mortar and pestle, pound garlic, anchovies and parsley to a paste. Add almonds and roughly crush, then stir through lemon juice, oil, and tomato. Season well.

Blanch the testaroli in a saucepan of boiling salted water over high heat for 1 minute or until they start to float to the surface. Remove with a slotted spoon and drain briefly on paper towel.

Toss the testaroli with pesto, then divide among plates. Serve topped with parmesan and micro parsley.

## SFINCIONE WITH CAVOLO NERO, SPECK AND PECORINO

SERVES 6

Sfincione, a thick focaccia-style Sicilian pizza traditionally served with onions, anchovies and a grating of cheese, is the original deep-dish pizza. Cavolo nero and smoky speck are the perfect addition.

1/4 cup (60ml) extra virgin olive oil  
2 onions, thinly sliced  
100g speck, chopped  
2 garlic cloves, finely chopped  
1/2 cup (125ml) tomato passata (sugo)  
1/2 bunch (about 130g) cavolo nero, finely shredded, blanched, refreshed  
1 cup (70g) fresh breadcrumbs  
1 cup (80g) finely grated pecorino

### SFINCIONE DOUGH

2 x 7g sachets dried instant yeast

1 tbs caster sugar

3 cups (450g) plain flour

1/3 cup (80ml) extra virgin olive oil

For sfincione dough, place yeast, sugar and 1/2 cup (125ml) warm water in a bowl. Set aside for 5 minutes or until frothy. Place flour in the bowl of an electric mixer fitted with a dough hook. Add yeast mixture and 200ml warm water, and knead on medium speed for 6 minutes or until smooth and elastic. Place dough in a lightly oiled bowl and cover with a clean tea towel. Set aside in a warm place for 1 1/2 hours or until doubled in size.

ON TREND.



Sfincione with cavolo nero,  
speck and pecorino.

OPPOSITE: testaroli  
with almond, tomato  
& garlic pesto.

The new lemon tart



# “MY LEMON TART HAS AN EASY NUT CRUST, THICK LEMON FILLING AND LASHINGS OF SILKY ITALIAN MERINGUE SWIRLED ON TOP.”

Knock back the dough, then return to cleaned mixer. Knead on medium speed, gradually adding the oil, 1 tbs at a time, until completely combined. Return to a lightly oiled bowl and cover with a clean tea towel. Set aside in a warm place for a further 1½ hours or until doubled in size.

Meanwhile, heat 2 tbs oil in a frypan over medium-low heat. Add onion and 1 tsp salt, and cook, stirring, for 15 minutes or until very soft. Add speck and garlic, and cook, stirring, for a further 5 minutes or until golden and lightly caramelised. Remove from heat and set aside to cool.

Preheat oven to 180°C. Line a large baking tray with baking paper. Knock back the dough and place on baking tray. Shape into a 24cm x 30cm rectangle. Spread the passata over dough to edges, then scatter over the caramelised onion mixture. Bake for 25 minutes or until golden and just cooked through.

Squeeze excess water from cavolo nero, then toss with breadcrumbs, pecorino and remaining 1 tbs oil in a bowl. Season. Remove sfincione from oven and scatter over cavolo nero mixture. Bake for a further 10 minutes or until cheese has just melted.

## GNOCCHI FRITTO WITH ROSEMARY SALT

SERVES 6 AS A STARTER

*Gnocchi fritto, savoury pillows of fried yeasted dough, are a moreish alternative to crackers on an antipasti plate.*

7g sachet dried instant yeast

Pinch of caster sugar

2 cups (300g) plain flour

150ml lukewarm milk

50g lard, melted

Sunflower oil, to deep-fry

Shaved truffle (optional), truffle oil, thinly sliced coppa and Taleggio, to serve

## ROSEMARY SALT

2 tsp salt flakes

2 tsp dried rosemary leaves

Place the yeast, sugar and 1/4 cup (60ml) lukewarm water in a bowl and set aside for 5 minutes or until frothy. Place flour in an electric mixer fitted with a dough hook. Add yeast mixture, milk, lard and 1 tsp salt. Knead for 5 minutes or until smooth and elastic. Set aside in a lightly oiled bowl and cover with a tea towel. Set aside in a warm place for 1½ hours or until doubled in size.

Meanwhile, for the salt, combine rosemary and salt in a bowl. Set aside.

Knock back dough. Roll out on a lightly floured surface until 1cm thick. Cut into six 8cm squares and place on a lightly floured baking tray. Set aside in a warm place for 30 minutes or until doubled in size.

Half-fill a saucepan or deep-fryer with sunflower oil and heat to 170°C (a cube of bread will turn golden in 30 seconds when oil is hot enough). In batches, cook fritto, turning once, for 5 minutes or until golden and cooked through. Drain on paper towel.

Scatter with salt. Serve with truffle, if using, truffle oil, coppa and Taleggio.

## THE NEW LEMON TART

SERVES 8

*My new lemon tart has an easy nut crust, thick lemon filling and lashings of silky Italian meringue swirled on top. You will need a thermometer and blow torch.*

12/3 cups (250g) hazelnuts, finely ground

2/3 cup (100g) plain flour

1/3 cup (75g) caster sugar

1 egg, lightly beaten with 1 tbs water

## LEMON FILLING

*Finely grated zest of 3 lemons, plus the juice of 2 lemons*

4 eggs

350g caster sugar

300ml double cream

## ITALIAN MERINGUE

*3 eggwhites, at room temperature  
2/3 cup (150g) caster sugar*

For the lemon filling, place the lemon zest and juice, eggs and sugar in a bowl and whisk to combine. Gently whisk in the cream and set aside.

Preheat the oven to 180°C. For the hazelnut crust, place all ingredients in a bowl and stir to combine. Using your hands, press the crust into the base and sides of a 21cm x 3cm fluted loose-bottomed tart pan. Bake for 10 minutes or until just dry. Remove from oven and cool.

Reduce oven to 120°C. Place cooled tart case in its pan on a baking tray. Strain the lemon mixture, then pour into the tart case. Bake for 1 hour 15 minutes or until set with a slight wobble in the centre. Cool to room temperature. Chill for 2 hours or until cold.

When ready to serve, make the Italian meringue. Place sugar in a small pan with 150ml water over medium heat, stirring until sugar dissolves. Bring to a simmer and cook for 10 minutes or until mixture reaches 115°C on a thermometer. Whisk eggwhites in an electric mixer on medium speed until soft peaks form. Bring sugar mixture to 121°C (hard-ball stage) and immediately remove from heat. With the mixer running, pour sugar syrup into eggwhite in a thin steady stream. Increase speed to high and continue mixing for 10 minutes or until thick, glossy and cool. Transfer to a piping bag fitted with a plain 1cm nozzle and starting from the centre, pipe a thick spiral shape over tart. Using a blow torch, caramelise meringue until dark golden. Serve immediately. 

**Opener:** ‘Tartan’ cake dish by Katia Carletti, and ‘Painted Stripes’ black and white linen napkin, both Koskela. **Gnocchi fritto:** ‘Cement Encrusted Mod 123’ tiles, Di Lorenzo; ‘MH’ large oval platter with brush stroke, Koskela. **Cheat’s bacala:** ‘Geometric’ napkin in black, Bonnie Neil. **Testaroli:** small black watercolour plate, Bonnie and Neil. **New Lemon Tart:** Thin Check cake dish by Katia Carletti, Koskela. ‘Fantasma’ black and white gloss tiles, Di Lorenzo. For stockist details, see Directory, p 158.



Eggplant lasagne. OPPOSITE:  
roasted fennel & pine nut polpette  
(recipes p 84).

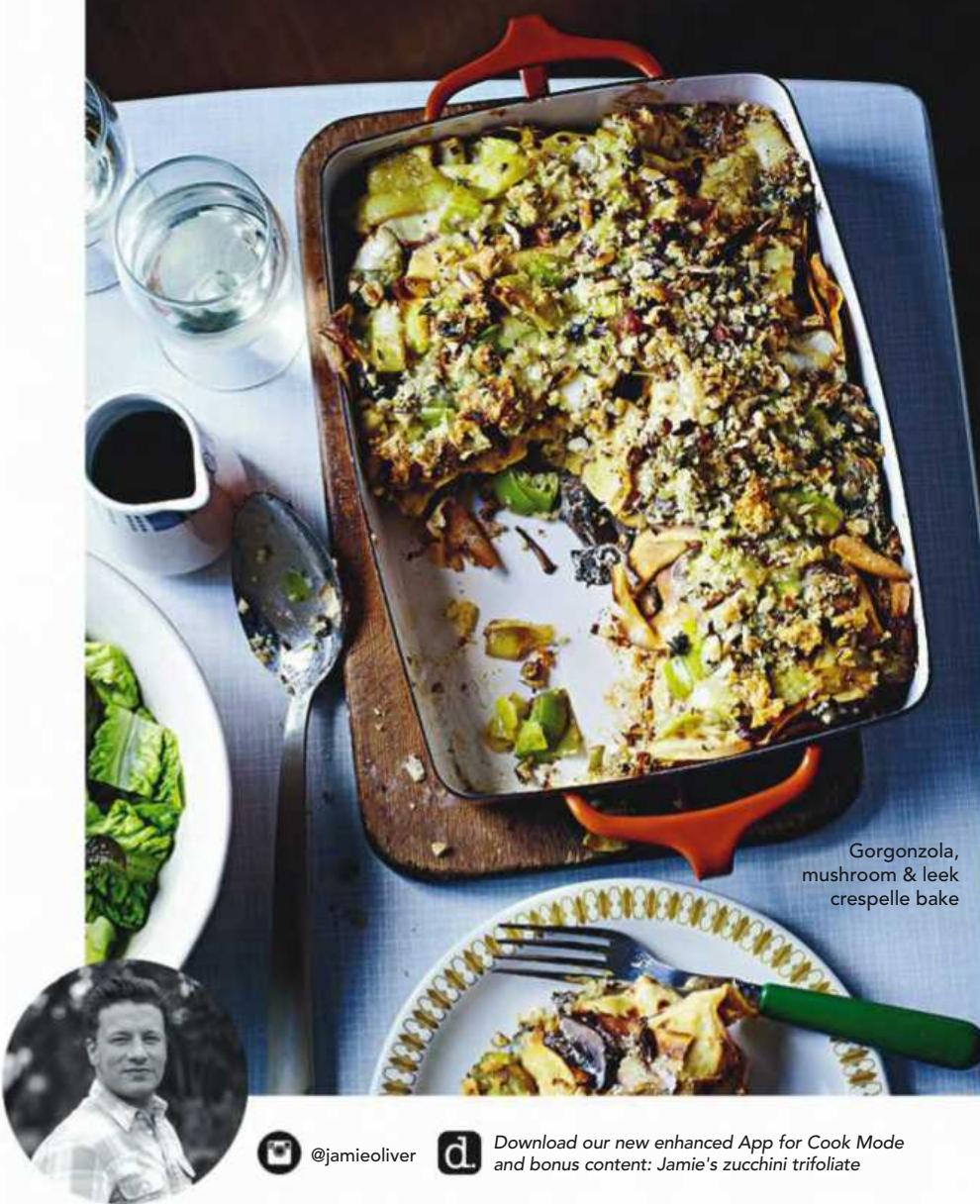
JAMIE OLIVER.

# jamie's VEGIE HEROES

You won't miss the meat with **Jamie Oliver's** vegetarian makeover of the classics, including genius meat-free meatballs!

RECIPES GEORGINA HAYDEN STYLING LAURA FYFE PHOTOGRAPHY TOBY SCOTT





Gorgonzola,  
mushroom & leek  
crespele bake



@jamieoliver



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## GORGNOLZA, MUSHROOM & LEEK CRESPELLE BAKE

SERVES 6

- 15g dried porcini mushrooms
- 1 cup (150g) plain flour
- 3 eggs
- 300ml milk
- 1 cup (250ml) olive oil
- 3 leeks, sliced into 1cm rounds
- 2 garlic cloves, thinly sliced
- 1/2 bunch thyme, leaves roughly chopped
- 1kg mixed mushrooms (such as chestnut and Swiss brown), roughly chopped
- 1 cup (240g) ricotta
- 100g creme fraiche
- 1/4 cup (35g) hazelnuts, crushed
- 1 1/2 cups (105g) ciabatta breadcrumbs
- 100g gorgonzola, crumbled

Soak porcini in just enough boiling water to cover for 30 minutes. Drain reserving 1/4 cup (60ml) liquid, and roughly chop.

Meanwhile, whiz flour, egg, milk and 1/2 tsp salt in a food processor until smooth. Heat 1 tsp oil in a non-stick frypan over medium heat. Pour 1/3 cup (80ml) batter into the pan and swirl to cover base. Cook for 1-2 minutes each side until golden and cooked through. Transfer to a plate. Repeat with remaining batter to make 9 crepes, layering each between baking paper to prevent them from sticking.

Return frypan to medium heat with 2 1/2 tbs oil. Add leeks and cook, stirring occasionally, for 15-20 minutes until soft. Season. Transfer to a bowl to cool.

Heat 1/4 cup (60ml) oil in a large frypan over medium heat. Cook the garlic and

two-thirds thyme for 1 minute or until fragrant. Increase heat to medium-high and add mushrooms and porcini, and cook for 10-15 minutes until light golden and liquid has evaporated. Season and add porcini soaking liquid. Set aside to cool.

Preheat the oven to 180°C and grease a 32cm x 25cm ovenproof dish. Add ricotta to the mushroom mixture and stir well to combine. Divide the mushroom mixture evenly among the crepes, then fold each crepe into quarters. Place folded crepes into dish, overlapping slightly.

Stir the creme fraiche into the leeks and spoon the mixture over the crepes. In a bowl, combine the crushed hazelnuts breadcrumbs, gorgonzola and remaining thyme. Scatter over crepes, drizzle with remaining 2 1/2 tbs oil and cover with foil. Bake for 30 minutes, then remove foil and bake for a further 15-20 minutes until golden.

## INCREDIBLE FARINATA

SERVES 6

Begin this recipe 1 day ahead.

- 1 2/3 cups (250g) chickpea flour
- 100ml extra virgin olive oil
- 3 rosemary sprigs, leaves picked

Combine flour and 1 tsp salt in a large bowl. Gradually whisk in 800ml warm water until very smooth. Cover with plastic wrap and set aside overnight to ferment.

The next day, preheat oven to 220°C. Skim off any impurities that have risen to the surface, then whisk in 2 tbs oil.

Heat 1 1/2 tbs oil in a 30cm ovenproof frypan over high heat, until almost smoking. Working quickly, add the rosemary and fry for 15 seconds. Add 2 cups (500ml) batter to come 4mm up the side of the frypan. Tilt the pan so it's evenly covered, then cook for 30 seconds or until starting to bubble. Transfer to the oven and bake for 10-12 minutes until crisp and golden on top. Transfer to a plate and keep warm. Repeat with remaining batter.

Slide each farinata onto a wooden board and cut into wedges.

JAMIE OLIVER.



Incredible farinata

## JAMIE OLIVER.

### EGGPLANT LASAGNE

SERVES 6-8

3 large eggplants, sliced into 1cm rounds  
1/3 cup (80ml) olive oil  
1 tbs dried oregano  
4 garlic cloves, crushed  
1/2 bunch basil, leaves picked, stalks finely chopped  
1/2 cup (125ml) Italian red wine  
2 x 400g cans whole tomatoes  
50g unsalted butter, plus extra to grease  
1/3 cup (50g) plain flour  
800ml milk  
1 cup (80g) finely grated parmesan  
250g instant lasagne sheets  
125g mozzarella, sliced

Preheat oven to 200°C. Place eggplant in a single layer on two baking paper-lined baking trays. Drizzle with 2 tbs oil, season, and scatter over oregano. Roast for 35-40 minutes until cooked through.

Meanwhile, to make the sauce, heat remaining 2 tbs oil in a saucepan over medium heat. Cook garlic and basil stalks for 1 minute or until fragrant, then add red wine. Increase heat to high and bring to the boil. Cook for 2-3 minutes until slightly reduced. Add tomatoes and return to the boil, season. Reduce heat to medium-low and cook for 10 minutes or until slightly thickened. Stir in 3/4 basil leaves, tearing any large leaves. Remove from heat and set aside. Squash tomatoes with a fork.

To make the bechamel, melt butter in a saucepan over medium heat. Stir in flour and cook, stirring, for 2-3 minutes until a thick paste. Gradually add milk, whisking constantly until smooth. Reduce heat to low and cook, whisking occasionally, for 10 minutes or until thick and creamy. Stir through 3/4 parmesan. Season.

Grease a 2.6L ovenproof dish. Lay one-third eggplant and tomato sauce over the base, then cover with lasagne sheets and one-third bechamel, then another layer lasagne sheets. Repeat layers twice more, finishing with a final bechamel layer. Sprinkle over remaining parmesan and dot with mozzarella. Scatter with basil leaves, then bake for 40-45 minutes until bubbling, golden and cooked through.

### ROASTED FENNEL & PINE NUT POLPETTE

SERVES 4

1 large fennel bulb (400g), trimmed, cut into 3cm wedges, fronds reserved  
1/2 cup (125ml) extra virgin olive oil  
1 tbs pine nuts  
1 tbs pumpkin seeds (pepitas)  
1/2 long red chilli, seeds removed, roughly chopped  
3 garlic cloves  
2/3 cup (50g) grated parmesan  
1 1/2 cups (105g) fresh breadcrumbs  
1 egg yolk  
1/2 bunch flat-leaf parsley, leaves picked, stalks finely chopped  
400g can chopped tomatoes  
1 tbs balsamic vinegar

Preheat oven to 180°C. Place fennel in a roasting pan and drizzle with 1 tbs oil. Season, then roast for 30 minutes. Remove from oven and sprinkle over the pine nuts and pumpkin seeds. Return to oven for a further 8-10 minutes until fennel is cooked through and nuts are toasted.

Whiz chilli and 2 garlic cloves in a food processor until finely chopped. Add fennel, pine nuts and pumpkin seeds, and whiz until chopped but still chunky. Add parmesan, breadcrumbs and egg yolk. Season, then whiz until combined.

Grease a roasting tray with 1 tbs oil. Using wet hands, roll the mixture into 20 walnut-sized balls. Place on tray. Chill for 15 minutes to firm up. Preheat oven to 200°C. Drizzle polpette with oil and bake for 20-25 minutes until golden and crisp.

Meanwhile, to make tomato sauce, heat remaining 2 tbs oil in a pan over medium heat. Thinly slice remaining garlic clove and add to pan with parsley stalks. Cook for 1-2 minutes, then add tomatoes. Half-fill the can with water, then add to pan. Add balsamic and bring to the boil. Reduce heat to low and cook for 8-10 minutes until thickened. Cool slightly, then transfer to a food processor and whiz until smooth. Return to pan. Keep warm.

Divide sauce among plates. Top with polpette and sprinkle with chopped parsley and reserved fennel fronds.

### GARLIC & SPINACH GNOCCHI WITH LEMON AND PECORINO

SERVES 4

8 evenly-sized King Edward potatoes  
100g (about 25) garlic cloves  
200g baby spinach leaves  
2 cups (300g) plain flour, plus extra to dust  
2 egg yolks  
75g unsalted butter  
Juice of 1/2 lemon  
2/3 cup (50g) grated pecorino, plus extra to serve

Preheat oven to 180°C. Prick potatoes all over with a fork. Place on a baking tray and bake for 1 hour or until cooked through.

Meanwhile, sit a steamer over a pan of boiling water. Add garlic, then cover and steam for 8 minutes. Add 75g spinach and steam for a further 2 minutes or until garlic is tender and spinach is wilted. Transfer to food processor and whiz to a puree. If mixture feels too wet, spoon into a muslin or clean tea towel and squeeze out excess liquid. Set aside.

Cool potatoes slightly, then peel and pass through a potato ricer while hot onto a clean work surface. (The potatoes need to be hot or the gnocchi will be stodgy.) Pile the flour on top of the potato, in a mound, and season generously. Make a well in the middle. Whisk the egg yolks and garlic puree together, then pour into the well. Using your hands, lightly bring all the ingredients together (don't overwork the mixture or it will become tough). As soon as it comes together, clean and dry your hands and worktop for the next step.

Roll out gnocchi on a lightly floured surface to a rectangle, 1cm thick. Cut into 2cm strips, then cut into 2cm pieces.

Bring a large pan of salted water to the boil. Shred remaining 125g spinach leaves. Melt butter in a frypan over low heat and add the spinach. Cook gnocchi in two batches, for 2-3 minutes until they rise to the surface. Remove with a slotted spoon and add to the frypan of spinach. Repeat with remaining gnocchi. Add lemon juice, grate over pecorino, season and toss together. Serve with extra pecorino.

Garlic & spinach gnocchi  
with lemon and pecorino



*"This gorgeous meat-free Italian classic is both big on taste and comfort. And remember to use any leftover sorrel pesto to pimp up salads, pasta and sandwiches."*

#### SORREL PESTO PIADINA

SERVES 6-8 AS A SNACK

5 cups (750g) bread flour (strong flour)  
2 tsp baking powder  
1/2 tsp bicarbonate of soda  
1/4 cup (60ml) extra virgin olive oil  
175g ball of burrata, torn  
70g rocket leaves  
Finely grated zest and  
juice of 1/2 lemon

#### SORREL PESTO

40g sorrel (available from greengrocers)  
2 tbs pine nuts  
1/2 garlic clove  
1/4 cup flat-leaf parsley leaves  
1/3 cup (80ml) extra virgin olive oil  
1/3 cup (25g) finely grated  
pecorino  
Finely grated zest of 1/2 lemon

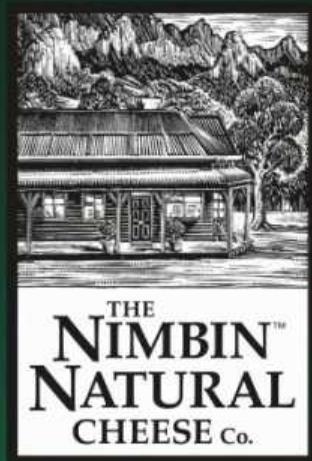
For the sorrel pesto, place the sorrel, pine nuts, garlic, parsley and oil in a food processor and whiz until a smooth paste, but so it still retains some texture, adding 1 tbs more oil if too dry. Add the pecorino and the lemon zest, stir to combine and season to taste. Cover with plastic wrap and set aside.



To make the piadina, combine the flour, baking powder, bicarb soda and 1 tsp salt in a large bowl. Make a well in the centre and pour in the olive oil and 300ml cold water. Slowly incorporate flour from the sides, until combined to form a soft dough. If mixture feels too dry, add a splash more water; if too wet add a bit more flour. Turn dough out onto a lightly floured work surface and knead for 5 minutes or until smooth and elastic. Divide the dough into four equal portions, then roll each into a 3mm-thick round disc about 25cm wide.

Place a chargrill pan over high heat. Chargrill each piadina for 4-5 minutes, pressing the dough into the pan until nicely charred. Flip and fold in half, then chargrill the other two sides for 2 minutes or until cooked through (this will ensure they won't crack when serving). Remove from the pan and set aside. Repeat with remaining piadina.

Spread sorrel pesto over each piadina, then top with burrata and rocket. Squeeze over lemon juice and season. Fold over piadina to serve. 



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# 10 faster PASTAS

Just like mama used to make, only twice as fast.  
This month **Warren Mendes** puts the pronto into  
pasta with speedy parsnip spaghetti, chickpea gnocchi  
and 20-minute (yes!) bolognese.

PHOTOGRAPHY ALICIA TAYLOR STYLING KIRSTEN JENKINS



@warrenmendes



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1





20-minute bolognese.  
OPPOSITE: pea & ham  
rotelle (recipes p 97).

3



Broccolini, mushroom & ricotta conchiglie. OPPOSITE: zucchini with lemon butter, mozzarella and prosciutto.

## BROCCOLINI, MUSHROOM & RICOTTA CONCHIGLIE

SERVES 4

**400g** conchiglie (large pasta shells)  
**2 tbs** extra virgin olive oil  
**250g** button mushrooms,  
 very finely chopped  
**4 anchovy fillets** in oil, drained,  
 chopped  
**500g** ricotta  
**1/2 cup (125ml)** milk  
**80g** smoked cheddar cheese, grated  
**2 bunches** broccolini, very finely  
 chopped  
 Finely grated zest and juice of 1 lemon

Preheat oven to 200°C. Bring a large saucepan of water to the boil. Add the conchiglie and cook for 8 minutes or until almost tender, then drain.

Meanwhile, heat oil in a frypan over high heat. Add mushrooms, and cook, stirring, for 4 minutes or until golden. Stir through anchovy and cook for a further 1 minute or until anchovy dissolves. Remove from heat.

Combine the ricotta and milk, then add half the mushroom mixture, cheddar and broccolini. Season, then fill conchiglie with ricotta mixture and arrange on a greased baking dish. Top with remaining mushroom mixture, cheddar and broccolini. Bake for 20 minutes or until golden and bubbling.

Sprinkle with lemon zest and drizzle with lemon juice to serve.

## ZUCCHETTI WITH LEMON BUTTER, MOZZARELLA AND PROSCIUTTO

SERVES 2-4

**4 large** zucchinis  
**100g** unsalted butter

**2 tbs** extra virgin olive oil

**2 garlic cloves**, grated

**Finely grated zest and juice of 1 lemon**

**1/4 cup (40g)** caperberries

**2 large** buffalo mozzarella balls, torn

**6 thin slices** prosciutto, torn

Using a julienne vegetable peeler or mandoline, slice zucchini into long, thin spaghetti-like strips.

To make the lemon butter, melt the butter and oil in a small frypan over medium heat. Add garlic and cook for 1 minute or until fragrant. Stir in lemon zest and juice. Remove from heat.

Blanch zucchini in a large saucepan of boiling salted water for 1 minute. Drain.

Toss zucchini through half the lemon butter and serve topped with caperberries, mozzarella, prosciutto and remaining lemon butter.



FASTER FOOD.

5



Chickpea gnocchi with harissa roasted ocean trout. **OPPOSITE:** poached chicken & spelt fettucine with kale pesto.

## CHICKPEA GNOCCHI WITH HARISSA ROASTED OCEAN TROUT

SERVES 4

**4 x 180g ocean trout or salmon fillets (skin on), pinboned**  
**2½ tbs harissa**  
**Finely grated zest of 1 lemon**  
**Micro radish and oven-roasted chickpeas (optional), to serve**

### GNOCCHI

**2 x 400g cans chickpeas, rinsed, drained**  
**1 tsp each ground cumin and ginger**  
**1 cup (150g) plain flour**  
**1 egg**  
**1 tbs extra virgin olive oil, plus extra to drizzle**  
**1 garlic clove, grated**  
**Finely grated zest and juice of 1 lemon**

Preheat oven to 200°C. Place the trout, skin-side down, on a baking paper-lined baking tray. Brush trout with 2 tbs harissa, then roast for 12 minutes or until just cooked. Remove from oven and rest, loosely covered with foil, for 4 minutes.

For the gnocchi, whiz chickpeas, cumin, ginger, flour, egg, oil, garlic, lemon zest and 1½ tsp salt in a food processor until combined. Bring a large pan of salted water to the boil. Divide dough into 4 portions. Roll each on a lightly floured work surface until 1.5cm thick. Cut gnocchi into 2cm pieces. In batches, cook gnocchi for 3-4 minutes until they rise to the surface. Remove with a slotted spoon. Repeat with remaining gnocchi.

Combine gnocchi with lemon juice and remaining ½ tbs harissa. Discard trout skin, then flake over gnocchi and pour over resting juices. Top with lemon zest, micro radish and chickpeas, if using. Drizzle with oil to serve.

## POACHED CHICKEN & SPELT FETTUCCINE WITH KALE PESTO

SERVES 4

**1L (4 cups) chicken stock**  
**3 x 180g chicken breast fillets**  
**400g spelt fettuccine or other long pasta**



**2 cups (about ½ bunch) chopped kale leaves**

**1/3 cup (40g) chopped walnuts, plus extra to serve**

**3 garlic cloves**

**2/3 cup (165ml) extra virgin olive oil**  
**1/2 cup (40g) grated parmesan, plus extra to serve**

**Lemon wedges, to serve**

Place chicken stock in a saucepan over medium-high heat and top up with enough boiling water so that pan is ¾ full. Bring to

the boil and add the chicken and simmer for 3-4 minutes, then add the pasta and cook for 10 minutes or until the pasta is al dente and chicken is cooked through.

Meanwhile, to make the kale pesto, whiz kale, walnuts, garlic, oil and parmesan in a food processor until smooth. Season.

Drain chicken and pasta, reserving 1/3 cup (80ml) cooking liquid. Shred the chicken. Toss pasta with half the pesto and reserved cooking liquid. Top with remaining pesto, parmesan and walnuts. Serve with lemon wedges to squeeze over.

FASTER FOOD.



Roasted alla Norma  
with rigatoni.  
OPPOSITE: parsnip  
spaghetti all'amatriciana.



# 8

## ROASTED ALLA NORMA WITH RIGATONI

SERVES 4

- 2 tbs tomato paste
- 2 tbs red wine vinegar
- 6 large roma tomatoes, cut into quarters lengthways
- 3 small eggplants, quartered lengthways
- 1/3 cup (80ml) extra virgin olive oil
- 1 tsp dried chilli flakes
- 2 tsp dried oregano
- 400g rigatoni
- 200g ricotta, crumbled
- Basil leaves, to serve

Preheat oven to 200°C. Combine tomato paste, vinegar and tomatoes in a bowl, then place at one end of a roasting pan. Place the eggplant at the other end of the pan. Drizzle tomato and eggplant with oil, then sprinkle over chilli and oregano.

Season, then roast for 30 minutes or until eggplant is tender and tomatoes collapse.

Meanwhile, cook the pasta in a pan of boiling salted water according to packet instructions until al dente. Drain, reserving 1/3 cup (80ml) cooking liquid.

Remove roasting dish from oven. Toss through pasta and reserved cooking liquid. Top with ricotta and basil to serve.

## PARSNIP SPAGHETTI ALL'AMATRICIANA

SERVES 4

- 2 tbs extra virgin olive oil
- 125g thickly sliced flat pancetta, chopped
- 1 onion, coarsely grated
- 3 garlic cloves, crushed
- 1/2 bunch basil, stalks and leaves intact
- 2 x 400g cans whole peeled tomatoes
- 6 large parsnips, peeled

## Shaved pecorino and micro rocket or basil (optional), to serve

Heat the oil in a deep frypan over medium heat. Add the pancetta and cook, stirring occasionally, for 4-5 minutes until golden and crisp. Add the onion and cook for 2-3 minutes until softened. Add garlic, basil, tomato and 1/2 cup (125ml) water. Bring to a simmer, season with pepper and cook, stirring occasionally, for 20 minutes or until thickened. Remove from heat. Discard basil.

Meanwhile, using a julienne vegetable peeler or mandoline, slice parsnip into long, thin spaghetti-like strips. Bring a large saucepan of water to the boil and add the parsnip. Cook for 1-2 minutes until just tender, then drain.

Toss the parsnip spaghetti with all'amatriciana sauce. Top with pecorino and micro rocket, if using, to serve.



FASTER FOOD.

9



### CHORIZO CARBONARA

SERVES 2

- 200g wholemeal spaghetti
- 2 tbs extra virgin olive oil
- 150g dried chorizo,  
finely chopped
- 2/3 cup (50g) grated parmesan
- 1/2 cup chopped flat-leaf parsley leaves
- 2 eggs, soft poached

Cook the pasta in a saucepan of boiling salted water according to

packet instructions until al dente.

Drain, reserving 1/3 cup (80ml) cooking liquid.

Meanwhile, place oil and chorizo in a cold frypan, then place over medium heat. Cook, stirring, for 6 minutes or until crisp. Add the pasta and reserved cooking liquid and toss through chorizo. Remove from heat.

Toss the pasta with half the parmesan and parsley and divide between serving bowls. Top each with a poached egg and remaining parmesan to serve.

## LAMB LARB SPAGHETTI

SERVES 4

**300g spaghetti**  
**2 tbs peanut oil**  
**500g lamb mince**  
**1/4 cup (75g) chilli and lemongrass paste**  
**1 tbs each soy sauce and fish sauce**  
**1 baby cos lettuce, shredded**  
**1 Lebanese cucumber, peeled, sliced**  
**1 red onion, thinly sliced into rounds**  
**1/2 cup (140g) roasted peanuts, chopped**  
**2 long red chillies, thinly sliced**  
**Juice of 1 lime**  
**Coriander leaves, to serve**

Cook the pasta in a pan of boiling salted water according to packet instructions until al dente. Drain, reserving 1/2 cup (125ml) cooking liquid.

Meanwhile, heat oil in a frypan over high heat. Cook mince, stirring, for 3-4 minutes until browned. Add the chilli paste, soy sauce and fish sauce. Cook for a further 6-7 minutes until fragrant and slightly caramelised. Stir reserved cooking liquid through mince. Remove from heat.

Top pasta with lettuce, cucumber, onion, peanuts, lamb mince and chilli. Squeeze over lime juice and scatter with coriander leaves to serve.

## PEA & HAM ROTELLE

SERVES 4

**400g rotelle (wheel pasta)**  
**2 tbs extra virgin olive oil**  
**8 streaky bacon rashers, chopped**  
**1/4 cup (60g) creme fraiche**

### PEA PESTO

**1 1/2 cups (180g) frozen peas**  
**1/2 bunch mint leaves, finely chopped**  
**1/4 cup (60ml) extra virgin olive oil**  
**1 garlic clove, grated**  
**Finely grated zest and juice of 1 lemon**

Cook the pasta in a pan of boiling salted water according to packet instructions until al dente. Drain, reserving 1/4 cup (60ml) cooking liquid.

For the pea pesto, place peas in a heatproof bowl and pour over enough



boiling water to cover. Set aside for 2 minutes, then drain. Combine peas with remaining ingredients in a food processor, season and pulse until a rough paste.

Heat oil in a large frypan over medium heat. Add bacon and cook for 4-5 minutes until golden and crisp. Add pasta, reserved cooking liquid and creme fraiche to the frypan, season and toss to coat.

Serve rotelle topped with pea pesto.

## 20-MINUTE BOLOGNESE (COVER RECIPE)

SERVES 4

**2 tbs extra virgin olive oil**  
**500g beef mince**  
**1/3 cup (95g) tomato paste**  
**4 garlic cloves, finely grated**  
**1/4 cup (75g) caramelised onion jam**

**2 tbs soy sauce**  
**400g can lentils, rinsed, drained**  
**375g instant lasagna sheets**  
**500g mixed cherry tomatoes, halved**  
**Basil leaves and grated parmesan, to serve**

Heat the oil in a large pan over high heat. Cook mince, stirring, for 3 minutes or until browned. Add tomato paste and garlic, and cook for 2 minutes, then add onion jam, soy sauce, lentils and 1 cup (250ml) water. Reduce heat to medium. Season with black pepper. Cook for 12 minutes or until slightly reduced. Remove from heat.

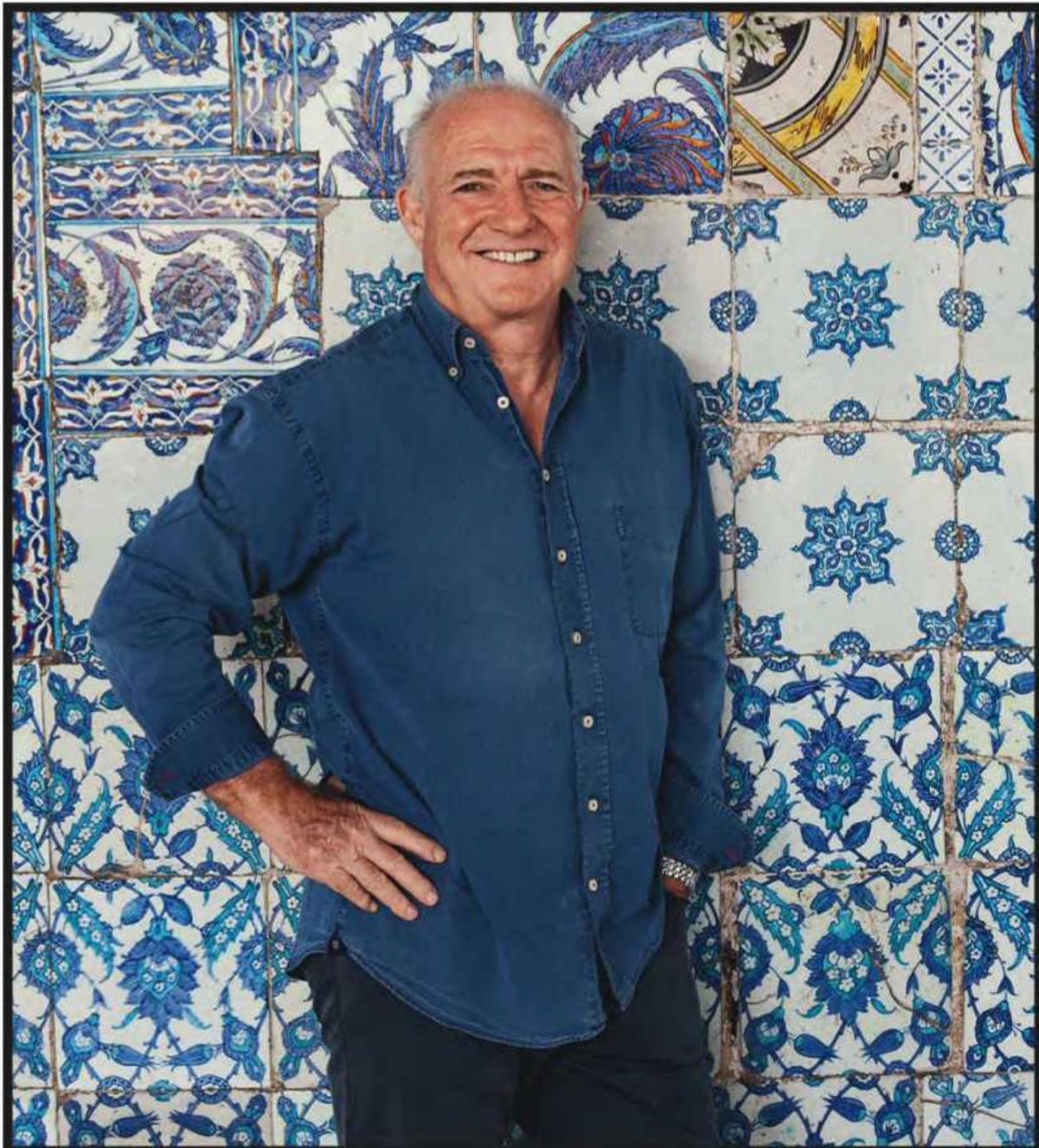
Meanwhile, cook lasagna sheets in a pan of boiling salted water according to packet instructions until al dente. Drain.

Top lasagne sheets with bolognese, tomatoes, basil and parmesan to serve. 

Dalmatian fig tart  
(recipe p 104)



RICK STEIN.



# CRUISE CONTROL

Rick Stein explores the idyllic coastline (and cuisines) of the Eastern Mediterranean in his stunning new book, *Rick Stein: From Venice to Istanbul*.

PHOTOGRAPHY JAMES MURPHY FOOD STYLING AYA NISHIMURA  
ASSISTANT FOOD STYLIST XENIA VON OSWALD PROP STYLIST PENNY MARKHAM



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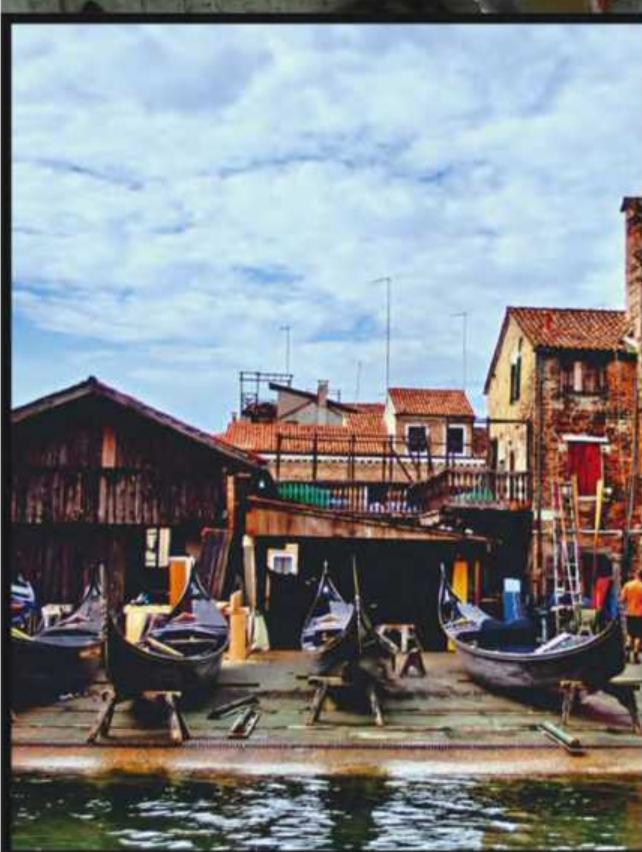


To fit in with work at the restaurant I write my recipes in the morning. I start at ten thirty and the thought of lunch becomes a growing pleasure as I get hungrier. It's around then that my heart turns fondly to thoughts of the Eastern Mediterranean, the olive oil, the tomatoes, the red onions, the wild oregano, the lemons, the sweet fish, the lean lamb, the wine, the olives, the capers and the garlic. I forget the richly spiced dishes of my last journey to India and I think instead of the lightly aromatic quality of a simple fish stew of John Dory and *rascasse* made with onions, garlic, white wine, potatoes and lots of olive oil from Pylos in Greece.

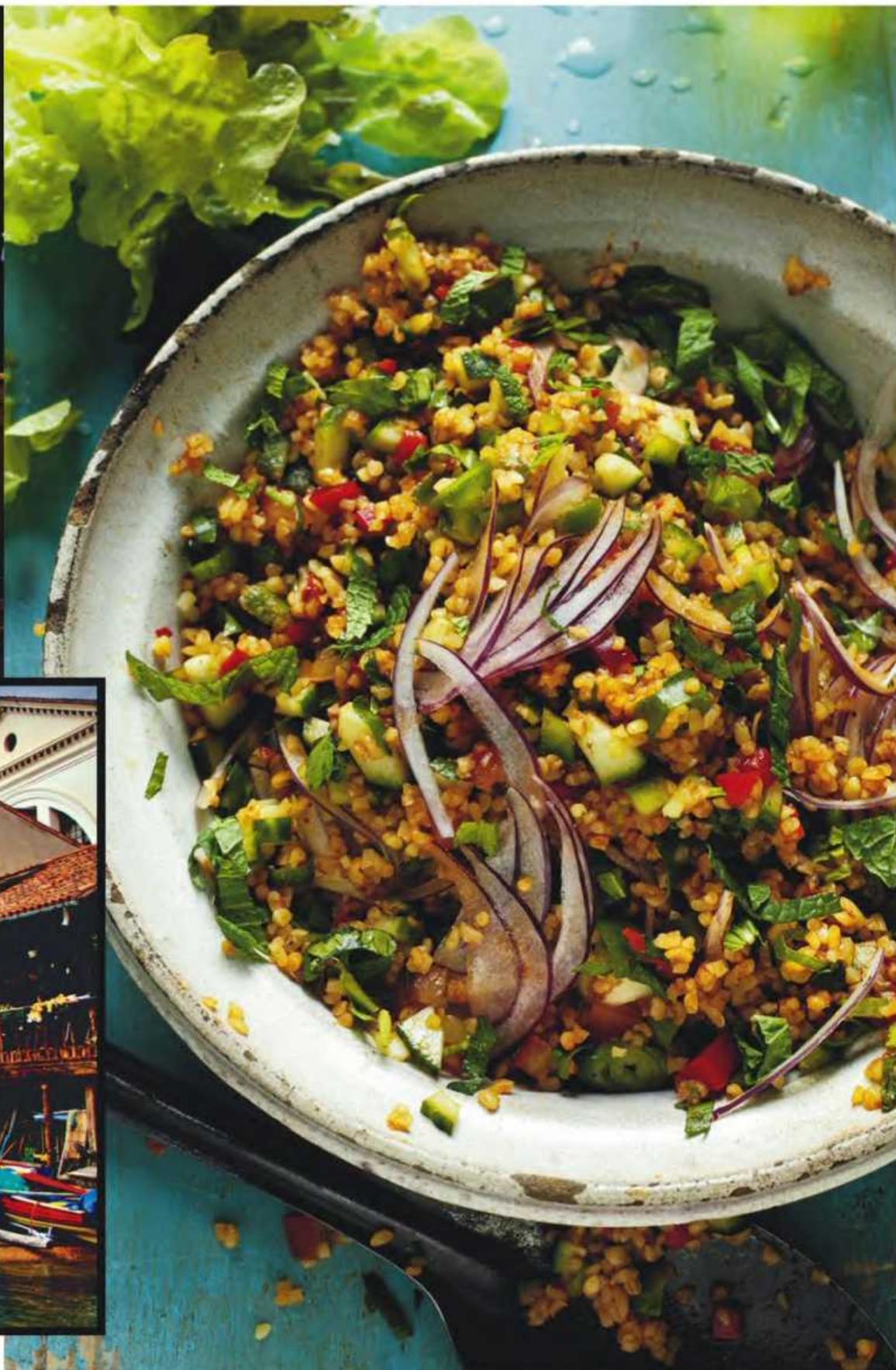
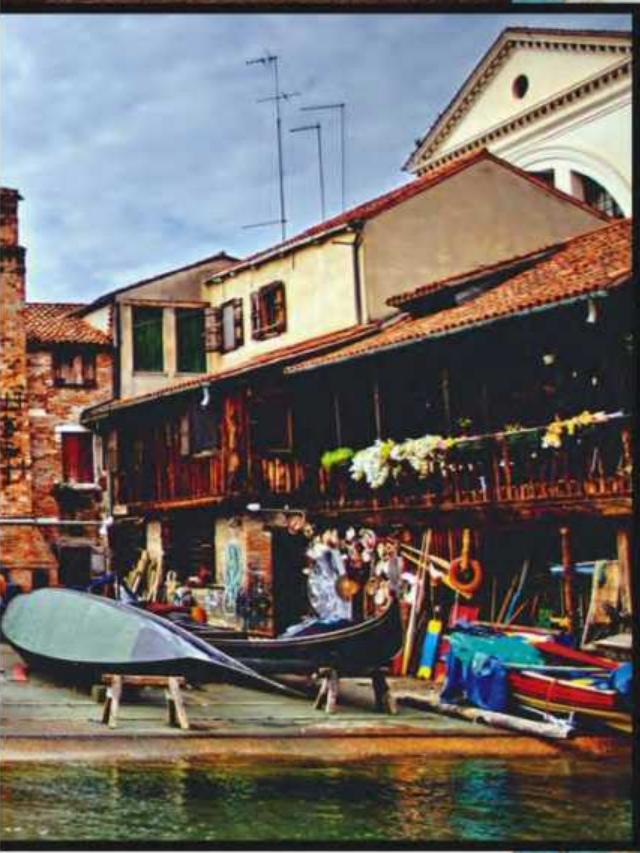
It was thoughts from Yeats' poem, *Sailing to Byzantium*, that accompanied me on my culinary journey from Venice to Croatia, Albania, Greece and Turkey. Byzantium, as Istanbul was known in ancient times, represented to him the artistic imagination; he thought of it as a place of fabulous colour and brightness. The thought of finishing my journey in Istanbul filled me, too, with a sense of ending in one of the world's great cities, where the food in its opulent complexity would match the golden mosaics.

I like to think of the cities of Venice and Istanbul as two large books propping up a shelf full of stories about the cooking of the Eastern Mediterranean. Tales like a Greek pie maker and her daughter in a Zagorian village in the Pindus mountains north of Ioannina, whose chicken pie caused me to shake their hands in earnest congratulation, or a pilgrimage to the Mani in the Peloponnese to visit the house of the late travel writer Patrick Leigh Fermor and discover a recipe for moussaka.

It wasn't hard to find Eastern influences in the cooking of Venice either, whose wealth came from the Byzantine Empire and beyond. Venetian dishes are surprisingly uncomplicated for a city with such a rich history. It is primarily the produce of the lagoon and the Adriatic, and the almost waterlogged land that surrounds the city. But it is the seafood that fills my imagination whenever I go there like the meat of the spider crab, which I've tossed through a seafood sauce, from the Rialto Market just by the Grand Canal – perhaps the most colourful fish market in the world. Enjoy!



CLOCKWISE (from far left): a shopkeeper sells *smokve* (figs) at a Croatian market; Petros's clams (recipe p 102); *balık ekmek* fish sandwiches in Istanbul; *kisir* (bulgur salad – recipe p 102); gondolas in Venice.



## RICK STEIN.

### BYZANTINE SPICE MIX

MAKES 1 TSP

- Pinch of freshly grated nutmeg
- 1/8 tsp coriander seeds
- 4 whole cloves
- 1cm piece cinnamon quill
- Pinch of ground ginger
- Seeds of 1 green cardamom pod
- 1/8 tsp ground turmeric
- 1/8 tsp chilli powder

For the spice mix, grind all ingredients with a mortar and pestle until finely ground. Store in an airtight container.

### BIGOLI IN CASSOPIA (PASTA WITH SHELLFISH)

SERVES 6

- 400g mussels, bearded, scrubbed
- 90ml olive oil, plus extra to serve
- 1 small onion, finely chopped
- 1 carrot, finely grated
- 1 celery stalk, finely grated
- 1 small leek, finely chopped
- 2 tsp Byzantine spice mix
- 100ml white wine
- 300ml fish or chicken stock
- 400g bucatini or spaghetti
- 250g squid tubes, tentacles intact, cleaned
- 300g green prawns, peeled (tails intact), deveined
- 8 scallops, roe removed, halved horizontally
- 1 tbs tomato paste
- Small handful flat-leaf parsley leaves, roughly chopped

Steam the mussels in 1/4 cup (60ml) water in a large pan with a lid over high heat for 4 minutes or until shells open. Remove the meat from the shells and set aside. Reserve the cooking liquor. Set aside.

Heat half the oil in a large pan over medium heat. Add onion, carrot, celery and leek, cover with a lid and cook for 10 minutes. Add spice mix and cook for 1-2 minutes, then add white wine, stock, 1 tsp salt and mussel liquor, and bring to a simmer. Cook for 10-15 minutes until most of the liquid is evaporated.

Cook pasta in a pan of boiling salted water according to packet instructions.

Meanwhile, thinly slice squid hoods into thick rings, set aside. Heat remaining olive oil in a frypan over medium-high heat. Cook prawns for 1-2 minutes, then add scallops and squid. Cook for a further 1-2 minutes until cooked through. Stir in the tomato paste, then combine with vegetables and cooked mussels. Drain the pasta, add to seafood sauce and stir to combine well. Serve drizzled with oil and chopped parsley.

### GNOCCHI CON GRANSEOLA (GNOCCHI IN CRAB SAUCE)

SERVES 4

- 225g desiree potatoes
- 80g plain flour
- 1/2 egg, lightly beaten

**CRAB SAUCE**

- 1/3 cup (80ml) olive oil
- 1/2 small onion, grated
- 1 garlic clove, crushed
- Pinch of dried chilli flakes
- 1/4 tsp Byzantine spice mix
- 300ml prawn stock (see Petros's clams)
- 20g unsalted butter
- 1/3 cup chopped flat-leaf parsley leaves
- 200g cooked white crab meat, picked

To make the gnocchi, preheat the oven to 180°C. Bake the potatoes for 50 minutes to 1 hour until very soft, then set aside until cool enough to handle. Scoop flesh from skins and mash or pass through a potato ricer. Combine with flour, egg and 1/4 tsp salt to make a firm dough. Roll the mixture into 1cm thick sausages, then cut into 2cm lengths. Cook in a pan of boiling salted water for 3 minutes or until they rise to the surface. Drain and keep warm.

Heat oil in a pan over medium heat. Cook onion and garlic for 5 minutes or until soft, then add the chilli flakes and spice mix and stir for 1 minute. Add the prawn stock, and bring to a simmer, then whisk in the butter. Fold in the parsley and crab meat and pour over the cooked gnocchi.

### PETROS'S CLAMS

SERVES 4

- 50ml olive oil
- 700g clams, in the shell, cleaned
- 1/4 cup chopped flat-leaf parsley
- Finely grated zest and juice of 1 lemon
- 1/2 tsp dried chilli flakes
- 1/2 tbs roughly chopped oregano
- Crusty bread, to serve

### PRAWN STOCK

- 2 tbs olive oil
- 1 small garlic clove
- 250g prawn heads and shells
- 1 tbs tomato paste

For the prawn stock, heat the oil in a large saucepan over medium heat. Add the garlic and the prawn heads and shells. Cook for 2-3 minutes, then add the tomato paste, 1/2 tsp salt and 300ml water. Cook for 10 minutes, then pass through a sieve, pushing down on the shells to extract as much of the prawn flavour as you can. Discard the shells and set the stock aside.

Heat the oil in a large pan over medium heat. Add the clams, parsley, lemon juice and chilli flakes, and cook for 2-3 minutes until the clams start to open. Add 150ml prawn stock and cook for a further 2-3 minutes. Add oregano and toss to combine. Garnish with lemon zest and serve immediately, with crusty bread to mop up the soupy juices.

### KISIR (BULGUR SALAD)

SERVES 4-8

- 2 tbs tomato paste
- 2 tsp harissa or 1 tsp smoked paprika (pimenton)
- 200g bulgur wheat, rinsed
- 1 tsp ground cumin
- 1/4 tsp freshly ground black pepper
- Handful mint leaves, chopped
- 1/4 cup (60ml) olive oil
- 2 tbs pomegranate molasses
- Juice of 1/2 lemon
- 1 small red onion, halved, thinly sliced
- 2 tomatoes, seeds removed, finely chopped



**CLOCKWISE (from top left):** fresh figs; gnocchi con granseola (gnocchi in crab sauce); a fisherman sells prawns on the Dalmatian coast; bigoli in cassopipa (pasta with shellfish).



## RICK STEIN.



Patrick's moussaka

1 each green and red capsicums, seeds removed, finely chopped  
5 spring onions, thinly sliced  
1 Lebanese cucumber, halved, seeds removed, finely chopped  
1 bunch flat-leaf parsley, chopped  
Baby cos leaves, to serve

In a jug, combine tomato paste, harissa, 1 tsp salt and 200ml boiling water. Place bulgur wheat in a bowl and pour over the water and tomato mixture, and stir to combine. Cover with plastic wrap and set aside for 10 minutes or until all the liquid is absorbed. Fluff the bulgur up with a fork. Add the cumin, black pepper, mint, oil, pomegranate molasses, lemon juice and red onion and stir to combine. Gently stir through the tomatoes, capsicum, spring onion, cucumber and parsley. Season. Serve in lettuce leaves.

### PATRICK'S MOUSSAKA

SERVES 6-8

1 eggplant, sliced into 1cm slices, lengthways  
3 zucchinis, sliced into 1cm slices, lengthways

300ml olive oil  
2 large potatoes, peeled, sliced into 1cm slices, lengthways  
2 small onions, chopped  
2 garlic cloves, chopped  
750g beef mince  
3 beefsteak tomatoes, chopped  
1 cinnamon quill  
1 bay leaf  
1/2 tsp freshly ground black pepper

#### BECHAMEL

100g unsalted butter  
2/3 cup (100g) plain flour  
3 cups (750ml) milk  
3 eggs  
1/4 tsp freshly grated nutmeg  
150g graviera or Gruyere cheese, grated

Toss the eggplant and zucchini slices with 1 tbs salt. Set aside for 30 minutes, then rinse and dry on paper towel. Heat 1/4 cup (60ml) oil in a frypan over medium heat. Cook the zucchini for 2-3 minutes each side until golden, drain on paper towel. Heat another 1/2 cup (125ml) oil and in two batches, fry the eggplant for 3-4 minutes each side until golden, drain on paper towel. Heat another 1/4 cup (60ml) oil and fry the potato for 4-5 minutes each side until golden, drain on paper towel.

In a separate pan, heat remaining 1/4 cup (60ml) oil. Cook the onions and garlic for 5 minutes or until softened. Add the beef and cook for 6-8 minutes until browned. Add the tomato, cinnamon, bay leaf, pepper and 1 1/2 tsp salt. Simmer for 30-40 minutes until slightly thickened. Remove from heat and discard the cinnamon and bay leaf.

Meanwhile, to make bechamel, melt butter in a saucepan over medium-low heat, stir in the flour and cook, stirring, for 2 minutes. Slowly incorporate the milk, stirring until thickened. Remove from the heat and whisk in the eggs, nutmeg and 100g cheese.

Preheat the oven to 220°C. In a deep ovenproof dish, about 35cm x 24cm, arrange the potatoes in a layer. Top with one-third beef, then top with the eggplant, another one-third beef, zucchini, and finish with remaining beef.

Spread bechamel over the top and sprinkle with 50g grated cheese. Bake for 30 minutes or until golden.

### DALMATIAN FIG TART

SERVES 6-8

170g plain flour, sifted, plus extra to dust  
100g unsalted butter, chilled, chopped  
1/4 cup (55g) caster sugar  
1 egg yolk  
50ml double cream  
6 figs, halved, stems trimmed

#### FILLING

2 cups (500g) mascarpone  
1/2 cup (175g) clear honey

To make pastry, rub flour, butter and a pinch of salt with your fingertips until it resembles breadcrumbs. Stir in the sugar, then stir through egg yolk and cream, so that it comes together to form a dough. On a floured surface, roll out pastry and use it to line a 24cm loose-bottomed flan pan. (If too difficult to handle, enclose in plastic wrap and chill for 30 minutes.) Trim pastry edges, cover with plastic wrap and place in the freezer for 30 minutes to rest.

Preheat the oven to 180°C. Line the pastry with baking paper and fill with baking weights. Bake for 10 minutes, then remove the paper and weights. Bake for a further 3 minutes or until dry. Remove from oven. Reduce oven to 160°C.

Place mascarpone and honey in a pan over low heat and whisk until combined. Remove from heat and pour into the pastry case, then lay the figs, cut-side up, on top. Bake for 45-50 minutes until just starting to turn golden around the edges. Cool to room temperature before serving.

Rick Stein:  
*From Venice to Istanbul* (BBC Books, \$55),  
is available  
in bookshops  
nationally.



# WHAT ARE THE INGREDIENTS OF "UNFORGETTABLE"?



At Spicers Retreats we believe it begins with ample space in a beautiful setting. Next comes the pride of the local producers and growers. Then a good measure of passion and technique, followed by a pinch or two of curiosity. A good dose of generosity and a touch of anticipation follows, before being served with a side of breathtaking.

It's this delicate blend of ingredients that makes for a truly immersive dining experience across all seven of our unique locations.

**Awarded 7 Chef Hats by the Good Food Guide 2016**





Bruschetta with baked strawberries & honey ricotta (recipe p 112).  
OPPOSITE: Silvia and son Miro.

SILVIA COLLOCA.

# FAMILY TIES

Thinking of her papa in Milan on Father's Day, **Silvia Colloca** and her children throw a decadent Italian-inspired brunch to spoil husband and dad, actor Richard Roxburgh.

RECIPES SILVIA COLLOCA PHOTOGRAPHY BRETT STEVENS STYLING VIVIEN WALSH



*“We really don’t need a reminder that our fathers are special. Whether we call them Dad, Daddy, or Papa, one day each year isn’t quite enough to celebrate their greatness.”*



**FROM THEIR GOOFY** sense of humour (dad jokes sound just as lame in Italian too...), to their bear hugs and tickle fights, right down to those times when we have heard their serious voices announcing grimly that we were grounded, we know there is no safer place than near them. My dad lives in Milan – I don’t see him as often as I would like to – and although

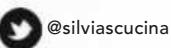
I won’t be spending this Father’s Day in his company,

I will be cooking a special brunch for the other extraordinary dad in my life, my darling Richard, the father of my children. I will enlist the help of my boys to conjure up a mighty feast.

Knowing his passion for coffee, I have thought up a recipe for espresso madeleines. The batter is made to rest overnight in the fridge, so all you have to do in the morning is turn the oven on, brew the special man a cuppa and these bite-sized treats will be ready in no time.

The star of my brunch spread will undoubtedly be a spicy chickpea braise, peppered with soppressata and crowned with eggs perfectly poached in the stew: a robust, dad-worthy dish. Those who favour sweets will be well-treated by a generous portion of baked strawberries with brioche toast and ricotta, or my special rockmelon jam, featuring an unusual savoury ingredient that will tickle the palate.

These are just accompaniments to the main ingredients we will be serving at the table: our love and gratitude. Every day of the year.



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### SPICY CHICKPEAS WITH SOPPRESSATA AND EGGS

SERVES 4

2 tbs extra virgin olive oil  
2 eschalots, thinly sliced  
1 tbs finely chopped flat-leaf parsley stalks  
1 small green chilli, thinly sliced  
1 garlic clove, crushed  
100g soppressata (Italian dry salami), cut into 2cm pieces  
2 x 400g cans chickpeas, rinsed, drained  
1/2 cup (125ml) tomato passata (sugo)  
4 eggs

Heat oil in a large, heavy-based frypan over medium heat. Add eschalot, parsley stalks, chilli, garlic and soppressata, and cook, stirring, for 2-3 minutes until eschalot begins to soften. Add chickpeas and cook, stirring to coat, for a further 1-2 minutes. Add passata and 1 cup (250ml) water, then reduce heat to low. Cook for 10-15 minutes until slightly reduced. Season. Make 4 small indents in the mixture and crack an egg into each. Cook for 3-4 minutes until whites are cooked. Serve immediately.

### ESPRESSO MADELEINES

MAKES 24

Begin this recipe 1 day ahead.

3 eggs, at room temperature  
100g caster sugar  
2 tbs honey  
2 tbs Dutch cocoa powder, plus extra to dust  
1 tsp vanilla-bean paste  
1/4 cup (60ml) fresh espresso or strong instant coffee  
1 1/4 cups (175g) self-raising flour, sifted  
120g unsalted butter, melted

In a large bowl, beat the eggs, sugar and honey with electric beaters for 5 minutes or until thick and pale.



Spicy chickpeas with  
soppressata and eggs



Espresso madeleines  
(recipe p 106)



LEFT: rockmelon, lemon & white pepper jam. BELOW: muffin pan seeded bread rolls (recipe p 112).



Beat in cocoa, vanilla and espresso. Fold through flour, then fold through melted butter. Cover with plastic wrap and chill for at least 30 minutes or overnight.

The next day, preheat the oven to 180°C. Grease a 12-hole madeleine pan and dust with flour, shaking off any excess. Spoon batter into moulds until three-quarters full. Bake for 8-10 minutes until madeleines spring back to the touch. Transfer to a wire rack to cool slightly. Repeat with remaining batter. Dust with extra cocoa to serve.

### ROCKMELON, LEMON & WHITE PEPPER JAM

MAKES FOUR 250ML JARS

*Begin this recipe 1 day ahead.*

Finely grated zest of 2 lemons, plus  
150ml lemon juice  
1kg rockmelon, cut into 3cm pieces

850g caster sugar  
1/2 tsp freshly ground white pepper

Combine lemon zest and juice, rockmelon and sugar in a large bowl. Cover with plastic wrap. Chill overnight to macerate.

The next day, place the mixture in a large saucepan over high heat and bring to the boil. Reduce heat to low and cook, skimming any impurities from the surface, stirring occasionally and crushing fruit with the back of a spoon, for 45 minutes to 1 hour, until slightly thickened. Stir through white pepper. To check if jam is cooked, place a small plate in the freezer for 10 minutes. Drop 1 tsp jam onto plate. Let it set for 30 seconds, if it thickens, the jam is ready, if not, cook for a further 5 minutes and test again.

Divide hot jam among four 1 cup (250ml) sterilised jars, seal and invert.





Bruschetta with baked strawberries & honey ricotta

### MUFFIN PAN SEEDED BREAD ROLLS

MAKES 6

2 x 7g sachets dried instant yeast  
3 cups (450g) plain flour  
1/2 cup (55g) rye flour  
1 tbs barley malt syrup or honey  
3/4 cup (185ml) buttermilk  
1/4 cup (35g) each white and black sesame seeds

Combine yeast and 1/2 cup (125ml) warm water in a bowl. Set aside for 10 minutes or until frothy. Combine the flours, barley malt syrup, buttermilk, yeast mixture and 1 1/2 tsp salt in a large bowl, and bring together with your hands to form a rough dough. Turn out onto a clean work

surface and knead for 5 minutes or until smooth and elastic. Transfer the dough to a lightly oiled bowl. Cover with a clean tea towel and set aside in a warm place for 30 minutes or until doubled in size.

Knock back dough, then form dough into a round. Return to oiled bowl, cover with plastic wrap and set aside in a warm place for a further 1 1/2 hours or until doubled in size.

Preheat the oven to 220°C and line a 6-hole Texas muffin pan with baking paper. Divide dough evenly among the 6 holes, then sprinkle with white or black sesame seeds. Set aside in a warm place for 1 hour or until slightly risen.

Using a sharp knife, score the top of each roll. Bake for 10 minutes, then reduce the oven to 200°C and bake for a further

10-15 minutes until the rolls are golden. Remove bread rolls from pan, peel off the baking paper and allow to cool on a wire rack before serving.

### BRUSCHETTA WITH BAKED STRAWBERRIES & HONEY RICOTTA

SERVES 6

1kg strawberries, hulled, halved if large  
Finely grated zest and juice of 1 orange, plus extra zest to serve  
1/4 cup (90g) honey  
1 vanilla bean, split, seeds scraped or 1 tsp vanilla-bean paste  
4 thick slices brioche

#### HONEY RICOTTA

1 cup (240g) ricotta  
1 tsp vanilla-bean paste  
1 tbs honey  
Finely grated zest of 1/2 orange

Preheat the oven to 180°C. Line a baking dish with baking paper. Add strawberries, orange zest and juice, honey and vanilla pod and seeds, and toss to combine. Bake for 20 minutes or until berries are soft. Set aside to cool.

Preheat grill to high. Toast brioche for 1-2 minutes each side until golden.

Meanwhile, for the honey ricotta, place the ricotta in a large bowl and beat with a wooden spoon to loosen. Add the vanilla-bean paste and stir to combine. Transfer to a serving bowl. Drizzle with honey and sprinkle with orange zest.

To serve, spread the ricotta over brioche, top with strawberries and drizzle with strawberry syrup. 

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# We love Dads

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Buffalo mozzarella with  
bay oil (recipe p 118)



maurice terzini  
**AT HOME**

Restaurateur **Maurice Terzini** of Bondi's Icebergs Dining Room and Bar and Da Orazio fame invites us to his Sydney home for a lesson in easy Italian entertaining.

WORDS HEIDI FINNANE PHOTOGRAPHY PETRINA TINSLAY  
FOOD STYLING PHOEBE WOOD STYLING ALEKS BEARE

@mauriceterzini



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t's a sight many are familiar with, restaurateur Maurice Terzini playing host at either of his Sydney venues: the iconic Icebergs Dining Room and Bar with its breathtaking views over Bondi Beach or at pizzeria hotspot Da Orazio Pizza + Porchetta. But when Maurice isn't front of house he's finalising plans for new Da Orazio venues, the, as yet, unnamed Sydney CBD site and Da Maria in Kerobokan, Bali, where his clothing line, Ten Pieces, is also produced.

So, it's a rare moment when Maurice and family, son Sylvester, 23, along with Maurice's partner, fashion designer Lucy Hinckfuss, and their son, Cesare, 20 months, find the time to share a quiet family meal at home. "I opened the restaurants because I love being in restaurants. I enjoy serving people and entertaining – I'm really good at it. But when I'm entertaining, I'm working – at home it's more for us, it's comfortable and a bit of fun," says Maurice.

Sunday lunch in the Terzini house is a laid-back affair. "In theory, today's menu is quite peasant-like, there's not a lot of prep, but I've thrown in a few modern techniques that I wouldn't have used in the past, like dehydrating olives or frying capers, which is a great way of seasoning creamy buffalo mozzarella," says Maurice.

The menu sticks to Maurice's food philosophy: flavours that his parents would recognise but food they wouldn't cook. Today that includes starters of thinly sliced duck prosciutto with dehydrated mandarin, a modern interpretation of prosciutto e melone, and pizza fritta with cheese and anchovies. "The starters are very simple, just a little nibble to have while preparing lunch," says Maurice as he tosses artichoke and mussels with pasta for the main event.

"Food is important, but the conversation is just as important," says Maurice. "For me, entertaining is not necessarily about cooking a dish that takes hours, for me a plate of pasta is great. And that's the spirit of Italian food, it's the spirit rather than complexity that makes it so good!"



Preparing cavatelli at home in Sydney's Bondi. **BELOW:** Lucy and Maurice.

## Get the look

**PREVIOUS PAGES:** **buffalo mozzarella:** 'Platter' in Duck Egg, \$90, Mud Australia • Cutipol 'Goa' stainless steel fork (part of 24 piece set), \$440, Francalia • Batch 'Ink' large bowl, \$130, Simon Johnson

**OPPOSITE (clockwise from top left): Maurice and family:** 'Joe' sofa with arms, \$POA, MCM House

• 'Band' orange and white striped rug, \$POA, Armadillo&Co **Duck prosciutto:** 'MT' round chopping board with charcoal rim, \$49.95, Cotton On • charcoal plate, glass and cutlery, stylist's own **Pizza fritti:** wooden board, stylist's own • tray in 'Pistachio', \$130, Mud Australia • 'Salad' plates in mixed colours, \$35 (each), Mud Australia • white bowl and blue checked napkin, stylist's own **TERZINI SALAD:** Batch 'Ink' large bowl (as before) • Cutipol

'Goa' salad set, \$79.90, Francalia **Americano:** 'Tonk' wooden stool, \$POA, MCM House • big round marble tray, \$270, The Minimalist • 'Orris Large Pourer' glass beaker, \$24.95, Country Road • glass stirrer, stylist's own **Mussel cavatelli:** 'Flared' large ceramic bowl in blue, \$110, Mud Australia **FINAL PAGE: Liquid tiramisu:** 'MT' round chopping board with charcoal rim (as before) • glasses and spoons, stylist's own • 'Pebble' small bowl in steel, \$36, Mud Australia.





**DUCK PROSCIUTTO WITH PICKLED TAMARILLO AND GRISSINI**

SERVES 6 AS AN ENTREE

2 tbs white wine vinegar  
2 tbs raw sugar  
2 tbs extra virgin olive oil  
6 ripe tamarillos  
150g duck prosciutto or prosciutto, thinly sliced  
Freeze-dried mandarin (optional – from gourmet food stores) and grissini, to serve

To pickle tamarillo, combine vinegar, sugar and oil in a bowl, season. Quarter tamarillos lengthways and scoop out flesh in one clean, even scoop. Discard skin and stalks. Place flesh in pickling liquid and toss to coat. Set aside for 30 minutes to pickle.

Arrange prosciutto on a platter. Top with tamarillo and mandarin. Drizzle with a little pickling liquid and serve with grissini.

**PIZZA FRITTA**

MAKES 18

2 x 7g sachets dried instant yeast  
1/2 cup (125ml) extra virgin olive oil  
500g bread & pizza flour  
Sovrano cheese or parmesan, Italian anchovies in oil and sardines in oil, to serve

Whisk yeast, 2 tbs oil and 325ml warm water in a bowl. Place flour and 1 tsp salt in an electric mixer fitted with a dough hook. With the motor running on low, gradually add yeast mixture and 1 tsp salt until a sticky dough forms. Knead for 8-10 minutes until smooth and elastic (dough will be quite wet). Place in an oiled bowl and cover with a tea towel. Set aside in a warm place for 40 minutes or until doubled in size.

Knock back dough and turn out onto a floured surface. Divide into 18 equal balls. Flatten each into a 8cm circle and place on



baking paper-lined baking trays. Cut a 2cm slit into the top of each pizza. Set aside for a further 30 minutes or until risen.

Heat remaining 1/3 cup (80ml) oil in a large frypan over medium heat. In batches, cook the pizza for 3 minutes each side or until golden and cooked through. Drain on paper towel and sprinkle with salt. Serve with cheese, anchovies and sardines.

**BUFFALO MOZZARELLA WITH BAY OIL**

SERVES 6

400g buffalo mozzarella, sliced  
1/3 cup (80ml) extra virgin olive oil  
Fried baby capers, crumbled dehydrated or dried black olives (from gourmet food shops) and basil leaves, to serve

**BAY OIL**

1/2 bunch kale, stalks removed, chopped  
1/2 bunch chives, chopped  
8 fresh bay leaves, chopped  
350ml extra virgin olive oil

For the bay oil, blanch kale and chives in boiling water for 30 seconds, then refresh in iced water. Transfer to a food processor with bay leaves and oil. Whiz until smooth. Strain through muslin, discarding solids.

Arrange mozzarella on a serving dish. Season and drizzle with bay oil. Scatter with fried capers, crumbled olives and basil.



### MUSSEL & ARTICHOKE CAVATELLI

SERVES 6

Juice of 1 lemon  
 2 globe artichokes  
 200ml dry white wine  
 2kg mussels, debearded, scrubbed  
 500g cavatelli pasta or other short pasta  
 2 tbs extra virgin olive oil,  
 plus extra oil to drizzle  
 50g unsalted butter  
 1/2 bunch oregano, leaves chopped  
 4 garlic cloves, chopped  
 3 small red chillies, chopped  
 1/2 cup (125ml) chicken stock  
 1/2 bunch flat-leaf parsley, leaves chopped

Fill a large bowl with water and lemon juice. Working with one artichoke at a time, peel stem using a vegetable peeler, then remove tough outer leaves. Once you reach the softer leaves, using a serrated knife, trim one-third from the top. Cut the artichoke in half lengthways, so you can reach the hairy choke, then scrape it out with a small knife and discard. Roughly chop, then place in lemon water. Repeat with remaining artichoke.

Place wine in a large pan with a lid over high heat and bring to the boil. Add mussels, cover with a lid and cook for



**FAR LEFT:** Sylvester, Lucy and Maurice enjoy lunch at home; Terzini salad; Americano cocktail; mussel & artichoke cavatelli.

2-3 minutes until mussels have opened. Remove from heat. Strain, reserving 1 1/2 cups (375ml) liquid. Remove most of the mussels from their shells, leaving a few in the shells to garnish. Set aside.

Cook pasta in a saucepan of boiling salted water over high heat according to packet instructions or until al dente. Drain.

Meanwhile, heat oil and butter in a frypan over high heat. Add drained artichoke, oregano, garlic and chilli, and cook for 4-5 minutes until artichokes are tender. Reduce heat to medium-low, add stock and reserved mussel liquor and simmer for 2-3 minutes. Add the parsley, mussel meat, reserved shells and cooked pasta, season. Cook for 1-2 minutes, then remove from heat.

Divide cavatelli among bowls and drizzle with extra oil to serve.

### TERZINI SALAD

SERVES 6

2 baby cos lettuces, leaves separated  
 50g rocket leaves  
 1 eschalot, thinly sliced  
 1 tbs chopped oregano leaves

#### LEMON DRESSING

Juice of 1/2 lemon  
 2 tbs extra virgin olive oil  
 2 tsp Dijon mustard  
 2 tsp finely chopped preserved lemon quarters, white pith removed  
 2 tsp dried oregano

For the dressing, whisk all ingredients in a small bowl until combined.

Toss all remaining ingredients together in a large bowl and drizzle with dressing.

## ENTERTAINING.

### LIQUID TIRAMISU

SERVES 6

1/4 cup (60ml) Napoleon brandy  
1/4 cup (60ml) creme de cacao  
2 tbs each Kahlua and Marsala  
2 tbs espresso coffee  
1/3 cup (85g) mascarpone

### CINNAMON CRUMBLE

1/2 cup (45g) rolled oats  
1/4 cup (60g) brown sugar  
1/4 tsp each baking powder and pink salt  
1/2 tsp ground cinnamon  
30g cold unsalted butter, chopped  
1/2 eggwhite

Preheat oven to 160°C. For the crumble, combine oats, sugar, baking powder, salt and cinnamon in a bowl. Rub butter in with your fingers until it resembles breadcrumbs. Stir in eggwhite. Spread

mixture thinly onto a baking paper-lined baking tray. Bake for 10 minutes or until dark golden. Cool. Whiz in a food processor to a fine crumb.

Divide the brandy, creme de cacao, Kahlua, Marsala, coffee and mascarpone between two cocktail shakers filled with ice. Shake each until combined. Divide among six 150ml glasses. Sprinkle with cinnamon crumble to serve.

### KINGSTON BISCUITS

MAKES 24

1 1/2 cups (135g) rolled oats  
325g unsalted butter, softened  
1 1/2 cups (330g) raw caster sugar  
1/3 cup (115g) golden syrup  
2 cups (300g) plain flour  
1 2/3 cups (150g) desiccated coconut  
300g milk carob bar, chopped, melted

Whiz the oats in a food processor to a fine powder, set aside. Beat butter and sugar using an electric mixer until thick and pale. With the motor running, add syrup until combined. Gradually add flour, coconut, ground oats and 1/2 tsp salt, beating slowly to combine. Place two 50cm-long pieces of plastic wrap on a work surface. Divide dough into two and place in the middle of each piece. Form into a log, then roll up plastic wrap and twist ends to secure. Chill for 30 minutes to firm up.

Preheat the oven to 170°C. Slice each roll into 24 rounds. Divide among four baking paper-lined baking trays and bake for 12 minutes or until dark golden. Set aside to cool completely.

Spread melted carob over the top of one Kingston biscuit, then sandwich with another biscuit. Repeat with remaining biscuits. 



Liquid tiramisu;  
Kingston biscuits.

## Maurice's...

**PLAN** There's always some forethought, but we don't go to great lengths. I'm always taking recipes from the restaurants. I'll be at Da Orazio and I'll try something and think 'I'm going to cook that at home'.

**TABLE** The house is pretty simple. I used to love decorations but as I get older I don't need as many knick-knacks. Less is more.

**PLAYLIST** At home it's usually jazz – something simple. It's important to understand the vibe. I'll turn it up once we've had a few drinks and want to dance.

**DRINKS** I'm a big fan of natural wines. For this menu we started off with a pre-batched Americano (equal parts Campari and sweet vermouth with soda and fresh orange), then sipped on all-natural prosecco NV Bellenda Metodo Rurale; Ronco Severo pinot grigio and a beautiful red, Runchet Langhe Nebbiolo DOC.

# ASADO CUT BEEF SHORT RIBS

**PREP** 20 MIN, PLUS 4 HOURS MARINADE TIME **COOKING** 25 MIN **SERVES** 4

## INGREDIENTS:

1.5kg Beef short ribs

## MARINADE:

400g tin crushed pineapple  
2 kiwi fruit, peeled and crushed  
2 green or habanero peppers  
3 cloves garlic, crushed  
½ tsp freshly ground pepper  
1 tbsp vinegary hot sauce  
(such as Tabasco habanero sauce)  
3 tbsp brown sugar  
2 tbsp extra virgin olive oil

## SALAD:

350g sweet potato, scrubbed  
and chopped into 4cm slices  
150g snow peas, trimmed and cut in half  
100g small green beans, trimmed  
½ purple onion, finely sliced  
3 tbsp mint leaves, torn  
1 tbsp extra virgin olive oil

## DRESSING:

80g whole-egg mayonnaise  
60ml lemon juice  
60ml light cream

## METHOD:

- 1 Combine all marinade ingredients in a food processor and blend until it's still chunky. Place meat in a glass dish and completely cover with the marinade. Cover in cling-film and place in fridge for at least 4 hours, preferably overnight.
- 2 Remove meat from marinade and allow it to reach room temperature.
- 3 Preheat oven to 200°C. Brush sweet potatoes with oil, place on a baking paper lined tray, season with salt and pepper, and place in the oven for 20 minutes. Steam vegetables at the same time before allowing them to cool, and then toss them together in a large bowl with mint. When ready to serve drizzle with dressing.
- 4 Preheat a chargrill pan or barbecue grill to high heat. Grill ribs for 3 minutes each side, being careful not to overcook. Rest meat for 8-10 minutes then slice into smaller pieces and place on a platter. Serve with salad.

## CUT PROFILE

No Argentinian barbecue is complete without juicy, chargrilled Tira de Asado (Asado cut short ribs). Unlike standard beef short ribs, which are cut along the bone, the Asado cut is from the middle of the ribcage and cut crosswise across the bone. This results in large, thin pieces of beautifully marbled meat surrounding small pieces of bone – perfect for grilling quickly over a high flame. Asado cut ribs can be ordered from your local butcher.



For more information on beef cuts and delicious recipes, visit [beefandlamb.com.au](http://beefandlamb.com.au)



YOU'RE BETTER  
ON BEEF

BALANCING ACT.

PROTEIN  
SNACK



Ferrero Rocher  
protein balls.  
OPPOSITE: rawmisu  
(recipes p 124).

# balancing ACT

Shannon Harley proves it's possible to have your cake and eat it too with these better-for-you desserts inspired by her favourite Italian *dolce*.

PHOTOGRAPHY JEREMY SIMONS PROP STYLING KIRSTEN BOOKALIL FOOD STYLING PHOEBE WOOD



@misspamplemousse



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RAW  
DESSERT

## BALANCING ACT.

### RICOTTA CHEESECAKE WITH ROASTED BLUEBERRIES

SERVES 10

250g cream cheese, softened  
225ml maple syrup  
2 eggs  
Finely grated zest of 1 orange, plus the juice of 2 oranges  
1 tbs each cornflour and ground cinnamon  
1kg fresh ricotta  
1 vanilla bean, split, seeds scraped  
2 x 125g punnets blueberries  
1/2 cup (75g) roasted hazelnuts, chopped

Preheat oven to 180°C. Beat cream cheese and 1/2 cup (125ml) maple syrup with electric beaters on high speed for 5 minutes or until combined. Add eggs, orange zest, cornflour, cinnamon and ricotta, and beat for a further 5 minutes or until smooth and combined. Transfer to a 1.3L baking dish, then bake for 40 minutes or until golden and firm, but centre has a slight wobble. Cool, then chill for 3 hours.

Before serving, preheat oven to 180°C. Combine orange juice, vanilla pod and seeds and remaining 100ml maple syrup in a small pan over medium heat, stirring until reduced and thickened. Place blueberries in a baking dish and spoon over 2 tbs orange syrup, reserving remainder to serve. Roast for 12-15 minutes until berries start to burst. Cool for 5 minutes.

Top cheesecake with hazelnuts, blueberries and remaining orange syrup.

### FERRERO ROCHER PROTEIN BALLS

MAKES 20

10 Medjool dates, torn in half, pitted  
1/2 cup (125ml) hot espresso  
1/4 cup (60ml) coconut oil, melted  
2 tsp vanilla extract  
2 1/2 cups (250g) hazelnut meal  
1 1/4 cups (220g) bukinis (roasted buckwheat from health food stores)  
1/2 cup (60g) cacao nibs  
1/2 cup (50g) cacao, plus extra to dust  
1/3 cup (35g) chocolate protein powder (we used Bare Blends Organic Cacao WPC)  
20 whole roasted hazelnuts

Combine dates, espresso (or substitute warm water), coconut oil and vanilla in a bowl. Set aside for 10 minutes to soak. Using a stick blender, puree until smooth.

In a large bowl, combine hazelnut meal, bukinis, cacao nibs, cacao and protein powder. Add date puree and a pinch of salt, and stir until sticky and combined.

Line a baking tray with baking paper and grease hands with a little coconut oil. Compress and roll mixture into 20 walnut-sized balls. Make an indent in the centre of each with your thumb, add a whole hazelnut, then reform ball around the hazelnut. Transfer to prepared tray and chill for 30 minutes to firm up. Dust with extra cacao to serve.

### RAWMISU

SERVES 4

150g pitted prunes, roughly chopped  
1/4 cup (60ml) Marsala or fortified wine  
1/2 cup (125ml) espresso  
2 tbs cacao, plus extra to dust  
1 tbs freshly ground coffee  
1/3 cup (80ml) rice malt syrup, melted  
1/2 cup (80g) white chia seeds  
400ml can coconut milk  
2 tsp vanilla extract  
1/3 cup (40g) cacao nibs

Soak prunes in Marsala (or substitute water) and espresso. Set aside for 3 hours.

Meanwhile, combine cacao, ground coffee, 2 tbs rice malt syrup, 1/4 cup (40g) chia seeds, 150ml coconut milk and 3/4 cup (185ml) warm water in a bowl. Stir to combine well, then transfer to an airtight container and chill for 3 hours.

Place vanilla and remaining 1/4 cup (40g) chia seeds, 2 tbs rice malt syrup and 250ml coconut milk in a separate bowl and stir to combine well, then transfer to an airtight container and chill for 3 hours.

To serve, beat the vanilla and chocolate chia mousses with a spoon to soften. Spoon prunes into 4 serving glasses and sift over a little extra cacao. Top with half the vanilla chia mousse, then top with chocolate chia mousse, then finish with a final layer of vanilla chia mousse and scatter with cacao nibs.

### SUGAR-FREE RASPBERRY SORBET

MAKES 1.25L

6 cups (810g) frozen raspberries  
3 overripe bananas, cut into 1cm pieces, frozen  
60g fresh raspberries, roughly crushed

In 3 batches, whiz frozen raspberries and banana in a food processor until smooth. Transfer each batch to one large bowl, then stir through crushed raspberries. Spoon into a 1.25L (5 cup) container. Serve immediately.

### SUGAR-FREE ROCKMELON & YOGHURT SORBET

MAKES 1.25L

1 1/2 rockmelons, chopped, frozen  
3 overripe bananas, cut into 1cm pieces, frozen  
1 1/2 cups (420g) thick Greek-style yoghurt

In 3 batches, whiz the rockmelon and banana in a food processor until smooth. With the motor running, gradually add 1/2 cup (140g) yoghurt to each batch until the mixture is smooth and the consistency of gelato. Spoon into a 1.25L (5 cup) container. Serve immediately.

### SUGAR-FREE VEGAN STRACCIATELLA GELATO

MAKES 1.25L

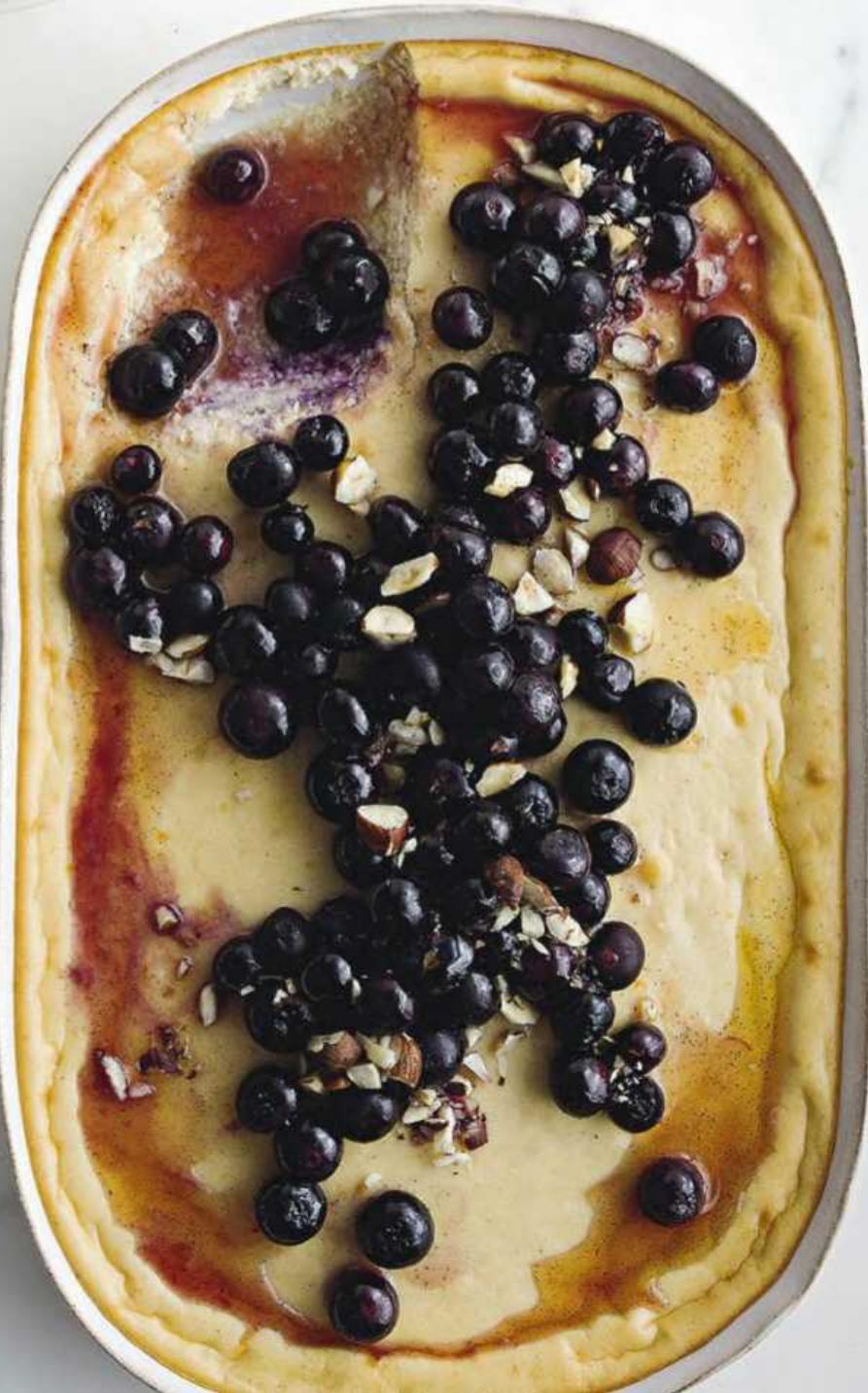
9 overripe bananas, cut into 1cm pieces, frozen  
3/4 cup (185ml) almond milk  
1 tbs vanilla bean paste  
1/2 cup (60g) cacao nibs  
1/2 cup (50g) flaked almonds, toasted

In 3 batches, whiz banana, milk and vanilla paste in a food processor, scraping down sides with a spatula, for 2-3 minutes until smooth. (The mixture will become hard and crumbly before it turns creamy). Transfer each batch to one large bowl, then stir through cacao nibs and almonds. Spoon into a 1.25L (5 cup) container. Serve immediately.

**Protein balls:** Round 'Trivet' marble board by Marble Basics, 'Koskelai' gold crystal glasses by Aerin, Becker Minty, 'Rawmisu': 'Goa' spoon in white and matte 24-carat gold by Cutipol, Francalia. **Cheesecake:** 'Globe' small bowl in satin by Batch, Crave Wares; 'Flared' medium bowl in white, Mud Australia; 'Roaster' roasting dish in white by Tony Sly, and small white linen towel by Bambara; both The Bay Tree. **Gelato:** 'Moon' matte 24-carat gold spoon by Cutipol, Francalia; metal loaf cake tins, Chef's Warehouse. **Biscotti:** tea glass by Finum Tea Systems, Beautiful Spaces. For stockist details, see Directory, p 158.

NO-CRUST  
CAKE

Ricotta cheesecake with  
roasted blueberries





SUGAR  
FREE

FROM TOP: sugar-free raspberry sorbet; sugar-free rockmelon & yoghurt sorbet; sugar-free vegan stracciatella gelato (recipes p 124).

## GLUTEN-FREE PISTACHIO AMARETTI MORBIDI

MAKES 18

*This recipe is based on amaretti morbidi al pistacchio – soft pistachio biscuits.*

1½ cups (205g) pistachios, finely ground, plus slivered pistachios to serve

¼ cup (35g) gluten-free plain flour, sifted

2 eggwhites, lightly beaten

1 tsp vanilla extract

1 cup (120g) pure icing sugar, sifted

100g dark chocolate, melted

Preheat the oven to 180°C. Line two baking trays with baking paper.

Combine the ground pistachio, flour, eggwhites, vanilla and icing sugar in a large bowl, stirring until a thick paste forms. Roll 1 tbs dough into a ball, then place on trays and flatten slightly. Repeat with remaining dough, leaving a 4cm gap between each. Bake for 10 minutes or until cooked through.

Dip one half of each biscuit in melted chocolate, allowing excess to drip off, and place on a baking paper-lined baking tray. Sprinkle slivered pistachios over chocolate. Repeat with remaining biscuits, then chill for 15 minutes to firm up before serving. 

GLUTEN FREE



# MOONLIGHT MAGIC

THE TRADITIONAL MOON FESTIVAL IS THE PERFECT TIME TO ENJOY AN AUTHENTIC ASIAN-INSPIRED DINNER.

## Festival fever

A feast for the senses, the annual Chinese Moon Festival marks the time when the moon is at its brightest. To celebrate this, friends and families will gather on Sunday September 27 to gaze at the moon and feast on Asian-style dishes.

### Thai green curry barramundi

serves 4 | prep 15 mins | cooking 30 mins

4 barramundi fillets, skin on

Oil, to fry

Curry

1 tbs coconut oil

4 tbs Valcom Authentic Thai Green Curry Paste

4 kaffir lime leaves, torn

2 long green chillies, deseeded and sliced

150ml TCC Premium Coconut Cream

30g coconut sugar

1 cup fish or master stock

2 tbs Squid Brand Fish Sauce

12 pea eggplants

1 carrot, peeled and finely sliced

To serve

Coriander leaves

Kaffir lime leaves

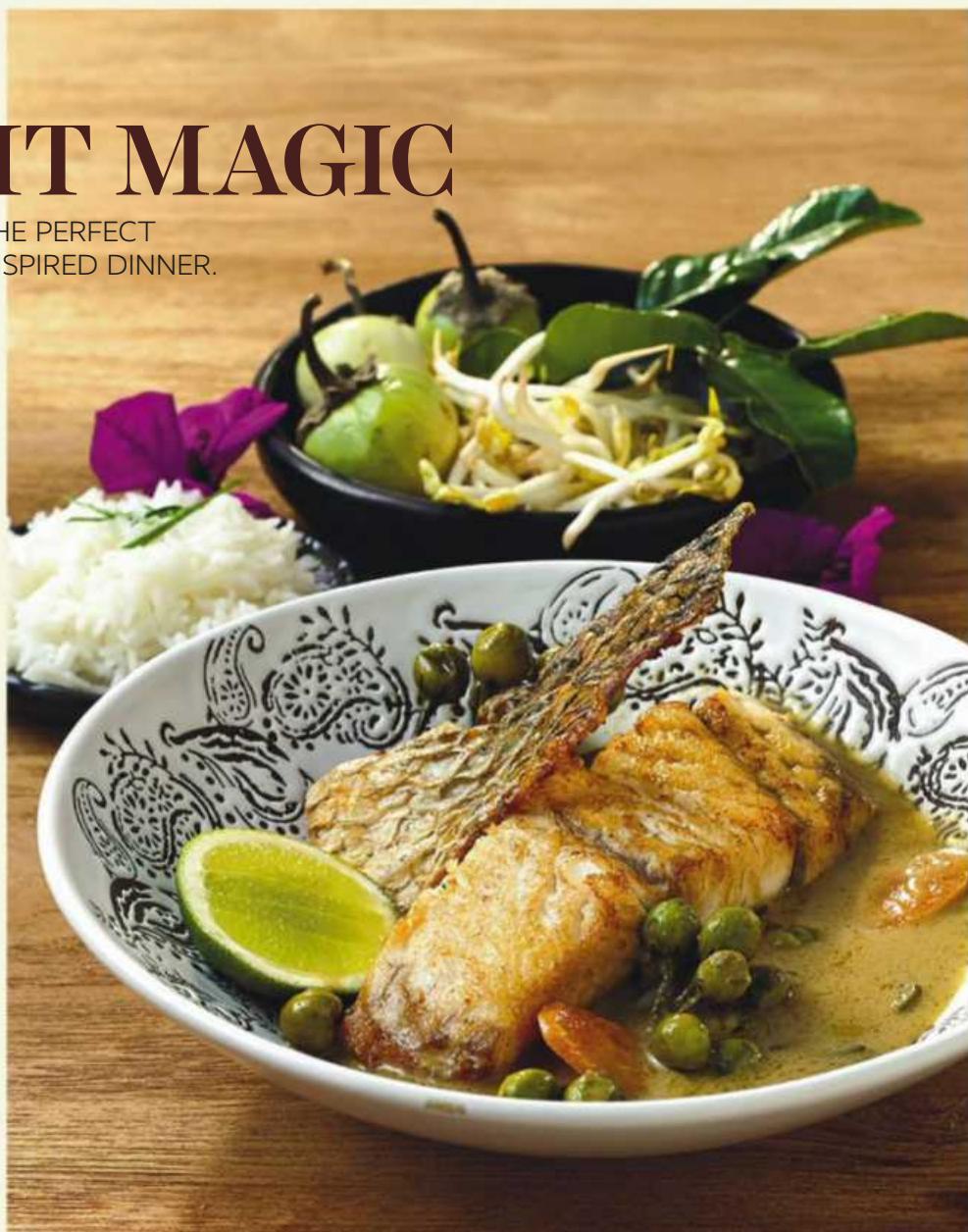
Lime cheeks

Bean sprouts

Steamed jasmine rice

1. Season barramundi with salt and pepper on both sides.
2. Heat oil in a non stick pan over medium heat and brown fish well, skin side down, for 2 to 3 minutes. Turn and cook for a further 2 minutes. Remove and set aside. Peel off skin and crisp in a hot oven for 5 minutes or until crispy.
3. Heat the coconut oil in a large frying pan over medium heat, add the green curry paste, kaffir lime leaves and green chillies and stir fry for 1 minute.
4. Stir in coconut cream, coconut sugar, stock and fish sauce and cook, stirring, for 1 minute. Add pea eggplants and carrot, reduce heat and simmer for 6 to 8 minutes.
5. Add the barramundi to the sauce and simmer for a further 5 minutes.
6. Serve curry with coriander and kaffir lime leaves, lime cheeks, bean sprouts, crispy barramundi skin and rice.

**Note:** Prawns, mussels or chicken can be used in place of the barramundi fillets. Pea eggplants may be replaced with okra or Thai apple eggplants.



*The Moon Festival is a celebration of  
family, food and ancient traditions*

## Take three

If you want to create easy and impressive Asian-style dishes, such as this Thai green curry with barramundi, it's time to take a shortcut. The secret ingredients are these products: TCC Premium Coconut Cream; Squid Brand Fish Sauce; and Valcom Authentic Thai Green Curry Paste, all from leading supermarkets.



**TCC** **Squid** BRAND FISH SAUCE **Valcom**

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incredibly busy  
our lives are, mine  
included, so I put this  
range together based on  
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plenty of nourishment. I hope that you enjoy  
eating them as much as I did creating them." *Mandy*



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# Escapes

**VENICE COOKING SCHOOL 132 | LUXE LIVING IN TUSCANY 140**  
**STYLE GUIDE TO MILAN 148 | KING VALLEY'S ITALIAN ROUTE 150**



# CLASS ACT

**Valli Little** packs her bags and heads to Italy's romantic Veneto region to host a week-long cooking class in a 15th century Venetian villa – the definition of *la dolce vita*!

RECIPES & FOOD STYLING VALLI LITTLE PHOTOGRAPHY MARK ROPER



**CLOCKWISE (from left):**  
a gondolier wearing the distinctive striped shirt; the canals of Venice; trays of local tomatoes at Rialto Market; the historic Castel Brando overlooks Cison di Valmarino and Valmareno; pumpkin & amaretti tortellini with sage burnt butter (recipe p 136).



*“The days were punctuated with visits to the Rialto Market, which saw us returning home with fresh fish, vegetables, wild mountain strawberries and the first figs of the season.”*

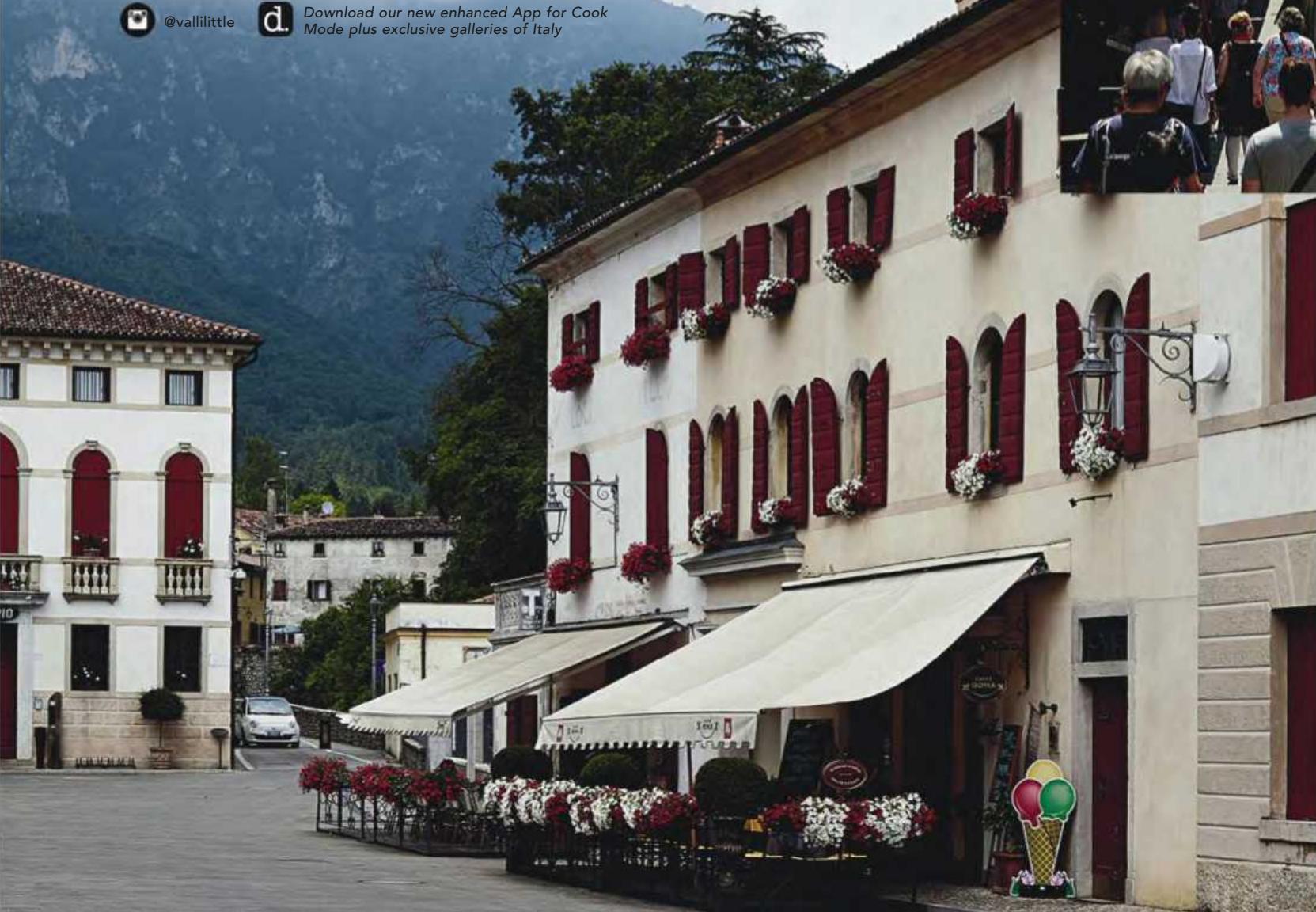
**I HAVE BEEN TRAVELLING TO ITALY** regularly for nearly forty years and each time it manages to surprise me. On my most recent trip, I headed to Veneto to host my week-long Italian cooking class. It's here where much of the country's rice is cultivated for risottos and pumpkins grow in the fertile marshy terrain, their succulent flesh used for the famous tortelli di zucca, which I've used as inspiration for my pumpkin tortellini. And of course in Venice, by the sea, you'll find Italian seafood dishes like risotto al nero di seppia (squid ink risotto) and spaghetti alle vongole (spaghetti with clams).

From our base at the beautiful Villa Casagrande in Cison di Valmarino we spent our days exploring Italian cuisine during my twice-daily cooking classes, then enjoying the fruits of our labours each evening on the terrace matched with locally produced wines such as prosecco and bardolino.

The days were punctuated with visits to the Rialto Market, which saw us returning home with all manner of fresh fish, vegetables and special finds like wild mountain strawberries and the first figs of the season, as well as outings to local restaurants and vineyards, and indulging in the enjoyable Italian pastime of drinking coffee (and the occasional grappa) in the cafes around the local town square. This memorable week exposed new finds, new friends and new foods. I can't wait to return next year and do it all again.



Download our new enhanced App for Cook Mode plus exclusive galleries of Italy





FROM LEFT: the main piazza in Cison di Valmarino; buzzing Salizada Pio in Venice; grilled pizzas; the cooking school guests in front of Villa Casagrande.

## GRILLED PIZZAS

MAKES 6

Leftover oil will keep in a jar for 6 months.

2 roma tomatoes, chopped  
 1/4 cup (50g) gaeta (small black Italian olives) or kalamata olives, chopped  
 1 tbs salted capers, rinsed, chopped  
 1 tbs chopped basil leaves, plus extra leaves to serve  
 Olive oil, to brush  
 150g fontina cheese, cut into 2cm pieces  
 1/2 cup (40g) shaved parmesan  
 6 thin slices prosciutto  
 2 cups wild rocket leaves

### CHILLI OIL

3 long red chillies, sliced  
 3/4 cup (185ml) extra virgin olive oil

### PIZZA DOUGH

1 1/2 tsp dried instant yeast

1/2 tsp caster sugar  
 1 1/2 cups (225g) '00' flour  
 2 tbs extra virgin olive oil

For chilli oil, cook chilli and extra virgin olive oil in a pan over medium-low heat for 5 minutes or until simmering. Remove from heat. Cool, then strain, discarding chilli.

For the dough, combine the yeast, sugar and 1/2 cup (125ml) lukewarm water in a small bowl. Set aside for 15 minutes or until frothy. Place the flour in a large bowl and make a well in the centre. Pour over yeast mixture with extra virgin olive oil and 1/2 tsp salt, then stir to combine. Bring dough together with your hands, then turn out onto a lightly floured work surface and knead for 5 minutes or until smooth and elastic. Place the dough in a lightly oiled bowl and cover with plastic wrap. Set aside in a warm place for 1 hour or until doubled in size.

Preheat the oven to 220°C. Combine tomato, olives, capers, basil and 2 tbs chilli oil in a bowl. Season and set aside.

Brush a chargrill pan with olive oil and place over medium-high heat. Divide the dough into 6 equal portions, then roll out each on a floured surface into a 12cm circle about 3mm thick. In batches, chargrill pizzas for 1-2 minutes until large bubbles appear on the surface. Flip and cook for a further 1-2 minutes until lightly charred. Set aside. Repeat with remaining pizzas.

Scatter three bases with fontina and top with tomato mixture. Top remaining three bases with parmesan. Transfer to two large baking paper-lined baking trays. In batches, bake for 4-6 minutes until cheese has melted. Drape prosciutto over the parmesan pizzas and top with rocket, then drizzle with chilli oil. Tear extra basil leaves over the fontina pizzas. Cut pizzas into wedges and serve.

## VALLI'S KITCHEN DIARY.



**FROM LEFT:** squid ink risotto; a gondolier steers his gondola through the Venetian canals; Valli hunting for produce at Rialto Market; guests stayed at the historic 15th century Villa Casagrande.



### PUMPKIN & AMARETTI TORTELLINI WITH SAGE BURNT BUTTER

**SERVES 4**

Makes about 46 tortellini.

450g pumpkin, peeled, seeds removed, cut into 3cm pieces  
1/2 cup (125ml) olive oil  
1/4 tsp dried chilli flakes  
1/2 onion, finely chopped  
1/4 cup (60g) ricotta  
1 egg, plus 1 extra egg yolk  
3 small amaretti biscuits, crushed  
1/2 cup (40g) grated parmesan  
250g unsalted butter  
1 cup loosely packed sage leaves  
Semolina flour, to dust

#### PASTA DOUGH

400g '00' flour  
4 eggs  
2 tsp extra virgin olive oil

For the pasta dough, place the flour in a food processor with 1 tsp salt. Beat eggs and extra virgin olive oil in a bowl, then add to the processor. Pulse several times until the mixture forms rough crumbs. Turn out onto a lightly floured work surface, then bring the mixture together with your hands to form a ball. Knead for 2-3 minutes until smooth and elastic. Divide the dough into three equal portions, then enclose in plastic wrap and chill for 30 minutes.

Preheat the oven to 180°C. Place the pumpkin on a baking paper-lined baking tray and drizzle with 1/4 cup (60ml) olive oil. Season and sprinkle with the chilli flakes. Cover tray loosely with foil and bake for 40-45 minutes until tender.

Heat remaining 1/4 cup (60ml) olive oil in a frypan over medium heat. Add onion and cook, stirring, for 6-8 minutes until softened. Transfer to a bowl with the

pumpkin, then mash coarsely. Cool slightly, then add the ricotta, egg yolk, amaretti and 1/3 cup (25g) parmesan. Mash together until combined. Season.

Starting on the thickest setting of your pasta machine. Run dough through 2-3 times, folding it in half each time, until elastic. Keep rolling the dough through the settings reducing the thickness each time, until 2mm thick. Cut into 8cm squares. Lay the squares on a clean work surface and place 1 tsp filling in the centre of each pasta square. Beat the remaining egg in a small bowl and use to brush the edges of the pasta. Fold into a triangle, pressing edges to seal and pushing out as much air as possible. Pinch together the two corners on the longer side. Place tortellini on a semolina-dusted tray and cover with a clean tea towel. Repeat with remaining dough and filling.



Place a saucepan of salted water over high heat and bring to the boil. In batches, cook the tortellini for 3-4 minutes until they rise to the surface. Remove with a slotted spoon and transfer to an oiled baking tray.

Melt butter in a frypan over medium heat for 3-4 minutes until it begins to turn deep golden. Add sage leaves and cook for 1-2 minutes until butter is browned and sage is crisp. Toss the tortellini in the butter sauce, divide among bowls and serve topped with remaining parmesan.

### SQUID INK RISOTTO

SERVES 4

400g squid, tentacles reserved, cleaned  
1.25L (5 cups) fish stock  
2 tsp squid ink (available from gourmet food shops and fishmongers)  
100g unsalted butter

1 onion, finely chopped  
2 garlic cloves, crushed  
1<sup>3</sup>/<sub>4</sub> cups (350g) vialone nano or carnaroli rice  
1 cup (250ml) dry white wine  
1 tbs olive oil  
Lemon wedges, to serve

**GREMOLATA**  
1/2 cup flat-leaf parsley leaves  
1 garlic clove  
Finely grated zest of 1/2 lemon

For the gremolata, chop all ingredients on a chopping board until combined. Set aside.

Cut open each squid hood, then using a sharp knife, score the inside in a diamond pattern and cut into 4cm pieces.

Place the stock in a saucepan over high heat and bring to the boil. Reduce heat to low and add the squid ink. Keep warm.

Melt the butter in a large heavy-based frypan over medium-high heat. Cook onion for 4 minutes or until soft, but not coloured. Add the garlic and rice, and cook, stirring to coat the rice, for 1 minute or until fragrant. Add the white wine and cook, stirring, for 2 minutes or until evaporated.

Add the stock, 1 ladle at a time, stirring and allowing the stock to be absorbed before adding the next, until all the stock is used. Cook, stirring constantly, for 25-30 minutes until the rice is al dente. Season to taste. Cover the pan with a lid and remove from heat.

Toss the squid with the olive oil and season. Heat a chargrill pan or frypan over high heat. Cook the squid, in batches, for 1-2 minutes until lightly charred and just cooked.

Divide risotto among bowls and top with the squid. Sprinkle with gremolata and serve with lemon wedges.

**CLOCKWISE:** spaghetti alle vongole; public transport Venice style; baked ricotta cheesecake with wild strawberries; Chiesa di Santa Caterina on the island of Mazzorbo; multi-coloured buildings on Burano.



## *recipe for success*

Villa Casagrande is the family home of the Conti Brandolini d'Adda family. Decorated in typical Venetian style, it boasts hand-painted friezes, opulent accommodation and a state-of-the-art kitchen. This 15th-century villa at the foot of the Dolomites is the perfect backdrop to a week filled with delicious food, wine and a group of people with a love of cooking and passion to learn.

I wouldn't expect any less from my good friend Sarah Roberts, who has 20 years experience running cooking schools such as these in Italy. Now partnering with Patrick Obert, they're hosting week-long classes exclusively in the Veneto region. Join me in September 2016 for my next week-long class. Visit: [www.stirredtravel.com](http://www.stirredtravel.com)



“A BOAT TRIP ACROSS THE LAGOON TOOK US TO THE TINY ISLAND OF MAZZORBO THAT IS CONNECTED BY BRIDGE TO BURRANO, FAMOUS FOR ITS MULTI-COLOURED HOUSES.”

**SPAGHETTI ALLE VONGOLE**

SERVES 4

- 1kg clams (vongole)
- 400g spaghetti
- 1/2 cup (125ml) extra virgin olive oil
- 1 small bunch flat-leaf parsley, stalks finely chopped, leaves roughly chopped
- 4 garlic cloves, crushed
- 200g cherry tomatoes, quartered
- 1 dried chilli, chopped
- 1 cup (250ml) white wine

Soak clams in cold water for 30 minutes to remove any grit. Rinse well and drain.

Cook pasta in boiling salted water according to packet instructions. Drain, reserving 1 tbs cooking liquid.

Meanwhile, heat 1/3 cup (80ml) olive oil in a large frypan over high heat. Add the parsley stalks, garlic, tomato and chilli. Season and cook, stirring, for 2-3 minutes until fragrant. Add clams and white wine. Cover and cook, shaking pan occasionally, for 3 minutes or until clams are cooked and shells open.

Toss pasta through sauce with parsley leaves, reserved cooking liquid and

remaining 2 tbs olive oil. Transfer to a serving dish. Season to taste and serve hot.

**BAKED RICOTTA CHEESECAKE WITH WILD STRAWBERRIES**

SERVES 8

- 1/4 cup (45g) sultanas
- 1/4 cup (60ml) sweet marsala
- 1kg ricotta
- 1 tbs finely grated lemon zest and 1/4 cup (60ml) lemon juice
- 1 tsp vanilla extract
- 1 cup (220g) caster sugar
- 5 eggs
- 250g wild or small strawberries
- Orange blossom honey or regular honey and icing sugar, to serve

**PASTRY**

- 90g unsalted butter, softened
- 1/4 cup (55g) caster sugar
- 1 egg
- 1 1/4 cups (185g) plain flour
- 1/4 cup (35g) self-raising flour

For the pastry, using an electric mixer, beat butter and sugar until thick and pale. Add egg and beat to combine. Sift the flours

into the mixture, beating slowly until well combined. Transfer to a lightly floured work surface and knead until smooth. Enclose in plastic wrap and chill for 30 minutes.

Meanwhile, combine sultanas and marsala in a bowl. Set aside to soak.

Preheat oven to 180°C. Grease and line the base and sides of a 26cm springform cake pan with baking paper leaving 2cm overhanging. Roll out pastry to a 6mm-thick 22cm round, then use to line the pan, pressing the pastry into the base and sides. Trim excess dough, leaving 1cm pastry above the pan. Prick all over with a fork, then line with baking paper and fill with pastry weights. Bake for 15 minutes, then remove weights and paper. Bake for a further 10-12 minutes until golden. Set aside to cool. Reduce oven to 160°C.

Whiz the ricotta, lemon zest and juice, vanilla, sugar and eggs in a food processor until smooth. Drain sultanas, discarding liquid, and add to mixture. Pour filling into pastry case and bake for 50 minutes or until set with a slight wobble in the centre. Cool completely, then chill for 4 hours.

Top with strawberries and drizzle with honey. Dust with icing sugar to serve. 





# under the **TUSCAN SUN**

It's the stuff fairy tales are made of, says **Lee Tulloch**, who takes a step back in time to visit a former medieval Italian village, now immaculately transformed into an enchanting boutique resort, by one of Italy's most stylish families.

PHOTOGRAPHY **TONY AMOS**

GLOBAL FLAVOURS.





Tuscany's renowned *strade bianche* (white roads), a network of unpaved motorways that are dusty in summer, undulate through the region's famously gorgeous vineyards and olive groves. Follow one of the old white roads from Bibbiano and you'll soon find yourself in a truly magical place: Castiglion del Bosco. Known in English as Castle in the Woods, it was once a medieval Italian village; today, Massimo Ferragamo, son of the famous shoemaker and chairman of the fashion brand's American division, has transformed it into possibly the most perfect hotel in the world.

Be prepared to eat and drink your way to gastronomic nirvana here, especially if you're a fan of the famed Tuscan red, brunello di Montalcino. Castiglion del Bosco is connected to a 62-hectare wine estate and guests can take part in the harvest, as well as guided tastings, plus classes at the in-house cookery school.

There's six kilometres of bumpy white road before you reach the gates of the old village-cum-resort, but the slow going is rewarded with fabulous scenery.

The hotel is set within a 5,000-acre estate surrounded by fields and forest, a former private hunting reserve, which still teems with wild boar, deer, foxes and hare. From the highest point on the road, there are views across the Val d'Orcia (Tuscany's most revered valley) to the fortressed town of Montalcino. And beyond the forest you can see vineyards, centuries-old farmhouses and rambling driveways edged with cypress trees.

The road is, in fact, the old Via Francigena, which took crusaders and merchants from Canterbury to Rome. The village of Castiglion del Bosco, which intersects the road and is known simply as Il Borgo, was built in 1100, then taken over by the Galleranis, a prosperous merchant family, in the 14th century. (Cecilia Gallerani is Leonardo da Vinci's subject in *The Lady with the Ermine*.) It continued to change hands over the centuries, but became derelict in the 18th century.

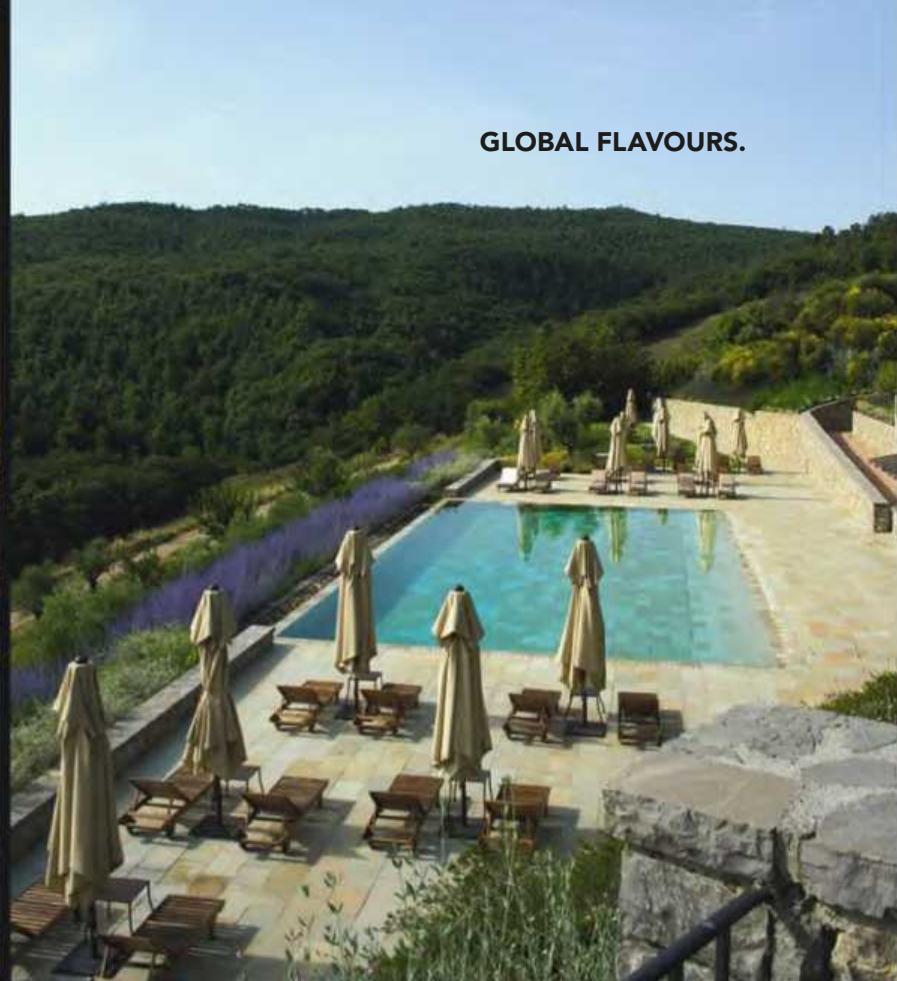
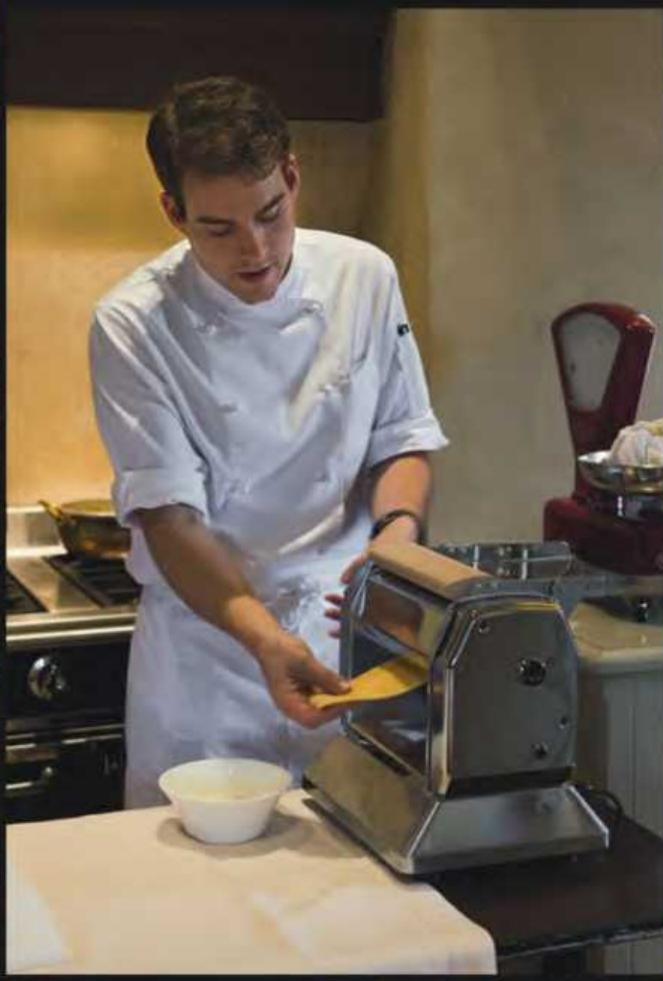
Massimo Ferragamo, nostalgic for the Tuscany of his childhood, purchased the 800-year-old estate, with its chapel, ruined castle, forest, farmhouses and

prized vineyards, in 2003. It opened as a hotel and spa in 2009 and a 19-hole golf course followed in 2010. Now Rosewood Hotel Group has recently partnered with Ferragamo to manage the property.

Take away the beautifully manicured garden beds, the heated infinity pool edged with enormous drifts of lavender and the boutique selling chic clothing and jewellery, curated by Massimo's wife, Chiara, and you may in fact be walking down a medieval thoroughfare. Stone houses, a cobbled main street and villas set in gardens planted with rosemary to keep out the wild boar are just part of the appeal. One villa, Chiusa, for example, was formerly the town's police station.

Meanwhile, the ruins of the castle tower overlook the village and the Church of San Michele Arcangelo, which has a beautiful fresco by Gothic painter Pietro Lorenzetti, discovered during restoration. Next door, the former priest's house has been turned into the hotel's casual trattoria, Osteria La Canonica, while a grand villa nearby is now the dining room of the gastronomic Ristorante Campo del Drago, a member's club and stylish lobby lounge. There are

GLOBAL FLAVOURS.



**CLOCKWISE (from far left):**  
Castiglion del Bosco's stylish lobby; one of its many terraces; master the art of pasta at La Canonica Cooking School; the property's manicured gardens; rolling fresh pasta; lounge by the heated infinity pool; artichokes in bloom; produce from the kitchen garden is used throughout the hotel's restaurants.  
**OPENER:** one of the village's picturesque cobbled streets.



## *“Blackberry plants climb up the ancient walls, wild strawberries ramble in the beds and there’s an orchard of apricot, fig, peach and cherry trees.”*

sweeping views from its terrace, where you can dine al fresco from a breakfast buffet to full degustation in the evening.

Our one-bedroom villa sits below the castle and next door to the spa. It's set in large gardens with a romantic wishing well, old wood-burning oven, a terrace with market umbrellas, and immaculately trimmed hedges. In the mornings, giant hares graze on the lawn. Inside, the villa is the size of a small house, with a large living and dining room furnished with plump sofas and beautiful fabrics, a good-sized kitchen and an enormous bathroom with twin-sized vanities, a deep bath and Ferragamo amenities.

The attention to detail is astounding. The closets go for miles with plentiful cedar hangers, shoe trees and a shoe shine kit of real brushes in a suede pouch, hooded bathrobes and black thongs for the pool. Everything is finely crafted with leather or suede; even the safe is covered in leather. A person could move right in, and some do stay for the summer.

For our first meal, in the trattoria sitting on the terrace overlooking the valley, it's superb comfort food: a starter of bresaola, followed by thick pici pasta with beef ragu and mushrooms, and crispy salmon with zucchini slivers and mashed potatoes, washed down with the Castiglion Del Bosco on-site winery's premium Millesanto brunello 2008.

Much of the hotel's produce comes from the carefully tended kitchen garden, which can be visited via a gate near the church and is fertilised with the ash from the wood-burning ovens. It's flourishing in summer with rotated crops of all the Italian staples, from zucchini (three types) and artichoke to the more exotic cavolo nero. Blackberry plants climb up the ancient walls, wild strawberries ramble in the beds and there's an orchard of apricot, fig, peach and cherry trees.

The hotel's charming young chefs lead the private or group cookery lessons

available at the La Canonica Cooking School, held in the beautiful upstairs kitchen and dining room of the former priest's house, where the rope that rings the chapel's bell hangs. I'm keen to learn how to make pasta, so I don a monogrammed apron and get stuck into mixing the eggs and durum flour, learning how to get the right texture by folding the dough in three each time before it runs through the pasta machine. It needs to be thin enough so you can see your fingernails through it.

My revelation is in the sauce. The chef has me help him finely chop the white onions, then cut three different kinds of tomatoes into small pieces and salt them (always before placing them in the oil). This is all gently cooked off with bruised basil leaves.

Meanwhile, a ragu involves slowly cooking finely chopped celery, carrot and onion in oil, then adding three kinds of mince: beef, veal and pork. The meat is broken up, a good slurp of red wine is added, it's all cooked down and the tomato sauce is added, then cooked for a few minutes more. "Where is the garlic?" I ask. "There is no garlic in Tuscan cooking when onions are used", is the answer. It's either one or the other.

I finish with a lesson in making biscotti dipped in warm Marsala sabayon. I get to keep the apron and recipes, but the best thing is sitting down to dine on it all.

Over at Ristorante Campo del Drago, named for the brunello vintage from the finest vineyard in the area, chef Enrico Figliuolo creates seasonal menus made with local produce and some tasty ring-ins, such as lobster, which flavours a luscious pasta. Drinking some of the Campo del Drago sangiovese seems mandatory, no? The desserts are also incredible: tiramisu with coffee ice cream and thick hot chocolate. A chocolate trolley follows the cheese trolley, cementing my love of this place.

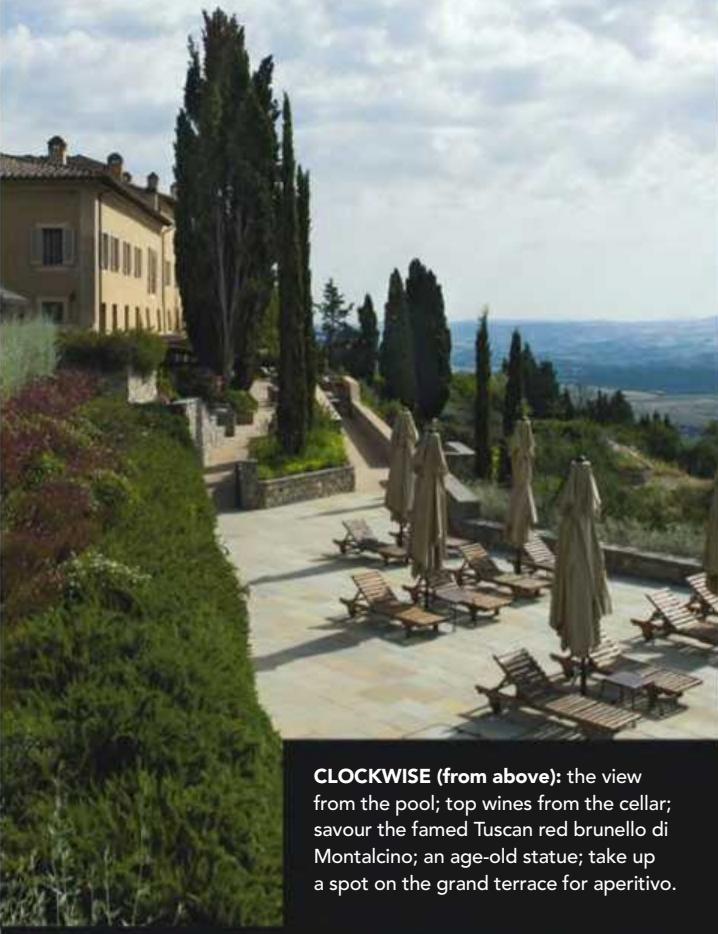
The next day, we tour the vineyards with manager Sabine, who explains the different qualities of the various plots of land. The grapes are all picked by hand, as the weight of the tractor adversely affects the soil and vine roots. The region of Montalcino encompasses 24,000 hectares of which 3,600 are vineyards, where the brown-red brunello has been produced since the 14th century. It was once a rare and highly prized wine, but since the region was granted Denominazione di Origine Controllata (DOC) status in the 1960s, the number of small producers has now grown to more than 200.

The Castiglion del Bosco's flawless cellar door, planted all around with white roses and herbs in tubs, is a handsome building, where you can also tour the wine vats and sit down to a guided tasting of several vintages. If you have the wherewithal, there's also an invitation-only Wine Club featuring its own plush, rotund cellar where members' vintages are held in specially designed refrigerated cabinets.

In addition to culinary adventures, Castiglion del Bosco offers extraordinary activities, including night safaris, archery, astronomy, landscape painting, tennis and golf lessons, horseback riding, photography, Italian classes, mountain hiking and fishing. Children are welcome, too; there's even a kid's club and we run into a gang of happy children playing tag in the street. Other guests during our stay include a Korean pop star, a Chinese department store billionaire and the actor Ben Stiller, who is accommodated in privacy in one of the nine restored farmhouse villas tucked in the vineyards.

When it's time to leave and hit those white roads again, we find our car has been cleaned of dust and there's a farewell gift of housemade sticky fruit gels inside. It's this thoughtfulness, above all else, that makes the Castle in the Woods so enchanting. 



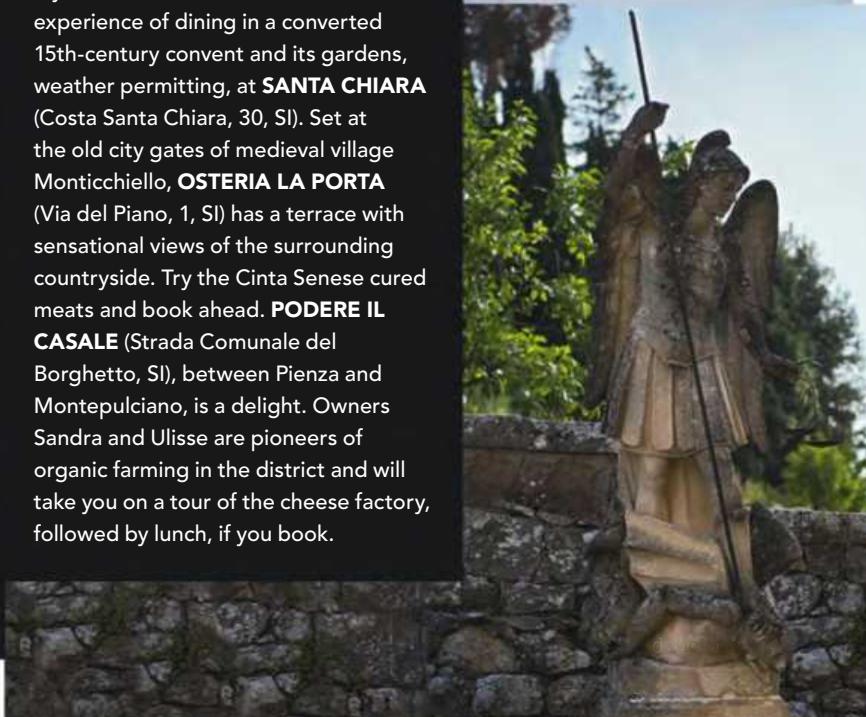


**CLOCKWISE (from above):** the view from the pool; top wines from the cellar; savour the famed Tuscan red brunello di Montalcino; an age-old statue; take up a spot on the grand terrace for aperitivo.



### DINING IN THE VAL D'ORCIA

The UNESCO-listed valley is full of lovely medieval villages and many great bars, cafes and restaurants that often don't require a reservation. Once the kindergarten and school on the grand estate of La Foce, **DOPOLAVORO** (Strada della Vittoria, 90, SI) is worth a visit. For lunch try the panini (flavours include tender pork, red onion and mustard), or enjoy dinner cooked from local produce, accompanied by regional wines. **OSTERIA DA GAGLIANO** in the small town of Sarteano (Via Roma, 5) serves traditional Tuscan dishes, such as wild boar ragu or pici, in authentic rustic style. In the same town, don't miss the experience of dining in a converted 15th-century convent and its gardens, weather permitting, at **SANTA CHIARA** (Costa Santa Chiara, 30, SI). Set at the old city gates of medieval village Monticchiello, **OSTERIA LA PORTA** (Via del Piano, 1, SI) has a terrace with sensational views of the surrounding countryside. Try the Cinta Senese cured meats and book ahead. **PODERE IL CASALE** (Strada Comunale del Borghetto, SI), between Pienza and Montepulciano, is a delight. Owners Sandra and Ulisse are pioneers of organic farming in the district and will take you on a tour of the cheese factory, followed by lunch, if you book.



INSIDER.



## CHECK IN

1 Flying the banner for Langham hotel group's new upscale label, *CORDIS HONG KONG* (above) rises 42 storeys above Mongkok in Hong Kong's Kowloon. The five-star hotel offers a midnight hawker food buffet and is a stone's throw from serious shopping at Langham Place Mall. [cordishotels.com/hongkong](http://cordishotels.com/hongkong).

2 Watch out Milan, there's a new player in town with the first Italian offering from *MANDARIN ORIENTAL* (left). Situated on Via Andegari in stunning refurbished 18th century buildings, it's everything you want in a hotel in the design and fashion capital – central location, Michelin-starred chef, luxurious spa and style in spades. [mandarinoriental.com/milan](http://mandarinoriental.com/milan).

# travel NEWS

Hot destinations, cool stays, travel essentials & everything in transit.



### BLING BLING

The diamond-studded **Rado HyperChrome** watch in chocolate brown, inspired by fine Swiss chocolate, is the ultimate food-lover's accessory – just don't try to eat it! \$9,125, (03) 8844 3300. Bottled *la dolce vita?* **Paradiso**, the new perfume by Roberto Cavalli, is as close as it gets. \$80/30ml, 1800 812 663. Dress down in style with these OTT **Dolce & Gabbana** patchwork leather trainers. \$742, [matchesfashion.com.au](http://matchesfashion.com.au).

Edited by Heidi Finnane:  @runsandheids  @heidifinnane

### FINAL call

- It's safe to say global travel authority *Lonely Planet* is a definitive source on local food haunts, which explains why they've dipped their toes into cookbooks. One of their first titles, *FROM THE SOURCE: ITALY*, rounds up the country's best dishes, with recipes from the kitchens that created them. \$34.99, [lonelyplanet.com.au](http://lonelyplanet.com.au).
- Perth institution **SUBIACO HOTEL** nabs a winner with the appointment of executive chef David Whitting, who cut his teeth with French chef Eric Ripert in the Cayman Islands and departed Crown Perth's Bistro Guillaume for the coveted role. [subiacohotel.com.au](http://subiacohotel.com.au).



# ROMAN *holiday*

Everything you need to fit in like a local on your next trip. Audrey Hepburn, eat your heart out.

PHOTOGRAPHY DIEU TAN STYLING LUCY TWEED MARKET EDITOR EMMA FREEBAIRN

1. H&M two-tone swimsuit, \$39.95, [hm.com.au](http://hm.com.au).
2. Fendi 'Orchidea' geometric sunglasses in beige and red, \$690, (02) 9540 0500.
3. Nespresso 'CitiZ' travel mug, \$25 (330ml), [nespresso.com](http://nespresso.com).
4. Joseph 2014 cold-pressed extra virgin olive oil, \$26.75, [simonjohnson.com](http://simonjohnson.com).
5. Riccadonna prosecco, \$14.99, 1800 859 939.
6. *Romanesque Art: Pocket Visual Encyclopedia*, \$14.99, [arielbooks.com.au](http://arielbooks.com.au).
7. Laura Ashley 'Almada' throw in cranberry, \$129, [laura-ashley.com.au](http://laura-ashley.com.au).
8. Amouage 'Memoir Woman' Travel Spray perfume, \$259, [libertine-parfumerie.com.au](http://libertine-parfumerie.com.au).
9. Philosophy 'No Reason to Hide' SPF 20 tinted moisturiser in medium, \$50 (30ml), [davidjones.com.au](http://davidjones.com.au).
10. Guerlain 'Maxi Lash So Volume' mascara in deep black, \$51, (02) 9695 5678.
11. Guerlain 'Rouge D'Enfer' colour lacquer nail polish, \$30, (02) 9695 5678.
12. Karen Murrell natural lipstick in True Love, \$29.95, [stylepatisserie.com](http://stylepatisserie.com).
13. Giorgio Armani 'Si' eau de toilette, \$90 (50ml), [davidjones.com.au](http://davidjones.com.au).
14. Trener 'Kate' woven leather belt, \$69.95, [trener.com.au](http://trener.com.au).
15. Bottega Veneta 'Multicolor Silk Foulard' silk scarf, \$510, (02) 9239 0188.
16. MaxMara patent leather court shoes in red, \$750, (02) 8084 9113.



# 24 hours in MILAN

Cultured and urbane, Italy's epicentre of design is the perfect fix for food and fashion, writes Kerrie McCallum.



8am  
10am  
11am  
1pm  
4pm  
7pm

## ESPRESSO HIT

Get your buzz on with a quick and lethal Milanese espresso hit. Stand at the bar as the locals do, or take a seat at **Taveggia** (Via Uberto Visconti di Modrone, 2) for a quick cup and a fresh brioche (they serve more than 25 types of brioche here!).

## GRAND DAME

Wind your way to the **Duomo** (Piazza del Duomo, Milano), the city's grand Gothic cathedral. Go early to beat the crowds and walk to the top of its wedding cake-perfect spires. After working up an appetite, head across the square to **Peck** (Via Spadari, 9), Milan's legendary providore offering a serious selection of charcuterie, cheese, caviar, fresh pasta, and wine from their cellar.

## SHOP TILL YOU DROP

For seven floors of shopping, high-tail it to **La Rinascente** department store (Piazza del Duomo). On the roof you'll find an outdoor terrace so close to the cathedral you can almost touch it. Even though it gets busy, it's the perfect spot for morning tea or an aperitivo.

## HIGH SOCIETY

**Da Giacomo** (Via Pasquale Sottocorno, 6) is a sophisticated institution and a favourite of the fashion crowd. Visit for the *risotto alla Milanese* (risotto with parmesan and saffron). For a less formal experience, sister site **Giacomo Bistro** (just around the corner) is more intimate and like lunching in your best friend's library (if they had one!). The dessert trolley is worth it for the wait alone.

## FASHION FOOT FIRST

**10 Corso Como** (Corso Como, 10) is a unique complex with an artfully curated clothing, jewellery and fragrance store, a vibrant outdoor cafe, book shop, and rotating exhibitions. Still hungry? **Alla Cucina delle Langhe** (Corso Como, 6) is great for risotto while US-Italian chef Mario Batali's **Eataly** (Piazza XXV Aprile, 10) has four floors of fabulous food.

## TIMELESS TRATTORIA

**Bagutta** (Via Bagutta, 14), near 'luxury mile' is a traditional trattoria perfect for the old-school Italian experience, complete with flirty waiters and plates laden with pasta or fried zucchini flowers. You may even spot George Clooney sitting at his favourite table for antipasti. Need a nightcap? **Bar Basso** (Via Plinio, 39) may not be the latest or greatest, but it has a cult following and serves meticulous cocktails – their signature is the wrong negroni, which replaces gin with sparkling wine.

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LOCAVORE.



Rows of plantings  
at Pizzini Wines

# LOCAVORE KING VALLEY

**Christian Dal Zotto** takes time out from pouring prosecco at his family-run cellar door to give us the lowdown on Victoria's King Valley, an Italian-inspired getaway with laidback trattoria dining, artisan producers and no passport necessary.

WORDS SARAH LEWIS PHOTOGRAPHY MARK ROPER



# 1

## FARM TO FORK

KICK OFF YOUR KING VALLEY ADVENTURE WITH LUNCH AND A WINE TASTING AT DAL ZOTTO (4861 WANGARATTA-WHITFIELD RD, WHITFIELD). HOUSED IN RESTORED TOBACCO KILNS, THIS LOUD, LIVELY TRATTORIA IS OPEN FOR LUNCH FROM THURSDAY TO SUNDAY; ON FRIDAY NIGHTS, IT'S A LOCAL FAVOURITE FOR WOOD-FIRED PIZZA AND PASTA. THE BLACKBOARD MENU IS PUNCTUATED WITH FAMILY-GROWN PRODUCE. MICHAEL'S WIFE, LYNNE, REARS FLAVOURFUL DORPER LAMB, WHICH MIGHT STAR IN A LUSCIOUS RAGU WITH CONCHIGLIE PASTA, OR CALZONE WITH A CAVOLO NERO AND CurrANT SALAD.



# 2

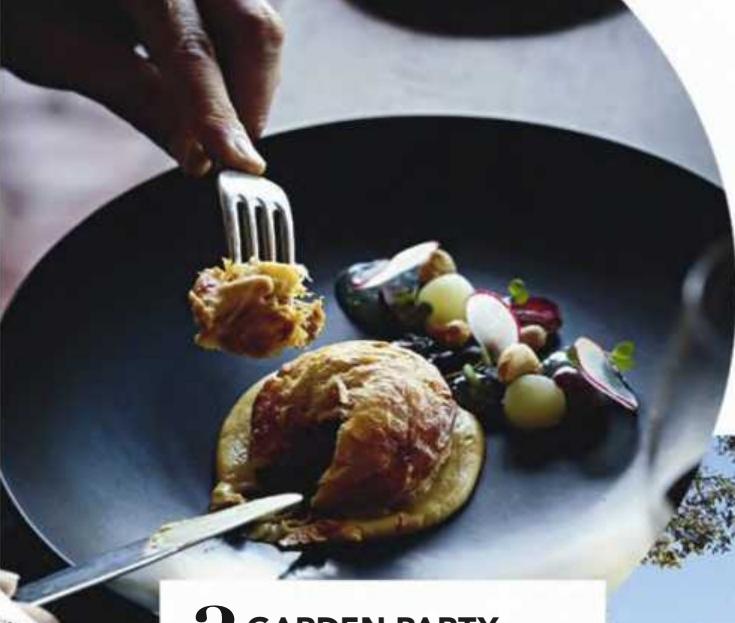
## POSH PUB

Christian's uncle and aunt Fred and Katrina Pizzini are behind the **MOUNTAIN VIEW HOTEL** (4 King Valley Rd, Whitfield), home to a welcoming front bar and bistro, and a fine-dining restaurant. In the pub, tuck into hearty braises and roast pork belly; next door, German chef Ben Bergmann offers polished tasting menus, with standouts including the blue eye with smoked carrot and a hay and mustard mousse, and his signature King Valley berry consomme with yoghurt ice cream.

There's a killer cheese trolley and a wine list of local gems.

**V**ictoria's King Valley beats with an Italian heart. In a fertile patch of land wedged between the Great Dividing Range and the New South Wales border, post-war immigrants from Italy first turned their hands to fruit and tobacco farming. In the past 30 years, those fecund tobacco fields have been turned over to vineyards, and this cool climate region now produces Italian varieties to rival the homeland, such as sangiovese, nebbiolo, pinot grigio and prosecco. The food scene, too, boasts a strident Italian accent, with fresh pastas, handcrafted cheeses, local olives and salami the regional mainstays.

Traditions may be strong, but there's nothing staid about this gourmet region, located an easy three-hour drive from Melbourne. Christian Dal Zotto (above right), of Dal Zotto Wines, is part of the next generation of wine families here. His father Otto and older brother Michael oversee the production of pinot grigio, barbera and prosecco (the Dal Zotto's pioneered this party-perfect fizz in Australia), while Christian keeps the glasses charged and the bocce ball rolling at the family's rustic-luxe cellar door and trattoria in Whitfield. Here he offers up a bite of the region's food and wine scene.



### 3 GARDEN PARTY

Under the leadership of fourth-generation family members Katherine and Caroline Brown, **BROWN BROTHERS** (right – 244 Milawa-Bobinawarra Rd, Milawa) teams history with youthful energy. Enjoy a tutored wine tasting in the historic cellar door, including the top-shelf Patricia range, experimental vintages and easy-drinking 18 Eighty Nine collection. Buy a bottle to savour in the beanbag-dotted garden, or settle in for a multi-course meal at Patricia's Table. Here, chef Douglas Elder presents a regional menu matched to Brown Brothers wines – think spiced rabbit pie (above).



### 4 CLASS ACT

Just down the road from Dal Zotto, Fred and Katrina Pizzini (right) also front their eponymous winery and cooking school, **PIZZINI WINES** (175 King Valley Rd, Whitfield). "Pizzini offers that authentic Italian family hospitality, and their sangiovese is one of the best known in Australia," says Christian. Sample Fred's fine Italian varieties, including crisp arneis, perfumed nebbiolo and savoury sangiovese. Or, sign up for one of Katrina's hands-on cooking classes. The Pizzini's also offer accommodation in a cosy two-bedroom cottage and alfresco events throughout the year.



### 5

#### SICILIAN STAMP

*At Politini Wines*

*(65 Upper King River Rd, Cheshunt), Sicilian-born owners Salvatore (Sam) and Josie Politini made the switch from tobacco to grapes in 1989.*

*"It's a really homey, rustic-style cellar door pouring some little-known Sicilian varieties, such as nero d'avola and grecanico. Nonna Josie also offers cannoli classes," says Christian.*





## cucina italiana

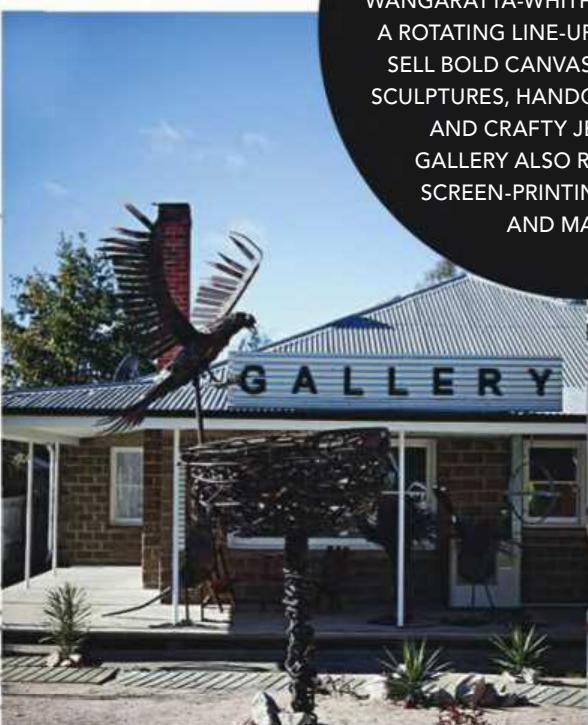
**6** In the regional hub of Wangaratta, locals flock to the cavernous shed that is **RINALDO'S CASA CUCINA** (8-10 Tone Rd, Wangaratta) for homey Italian fare from Adam Pizzini (pictured). "It's not just because Adam's my cousin; I really do think he's one of the best Italian chefs in Victoria," says Christian. "He cooks classic, rustic Italian food and his pastas are amazing. It's just like eating in Nonna's kitchen." Comforting mains include old-school spaghetti and meatballs, and pillow-y handmade gnocchi with beef ragu.



## 7 CAFE STAPLES

Christian's go-to for all-day breakfasts and lunch on-the-run is **CAFE DERAILLEUR** (38 Norton St, Wangaratta).

"They do this amazing pulled pork sandwich in a brioche bun with coleslaw, lime mayonnaise and char siu sauce [pictured above]," he says. "They also serve the best coffee in Wangaratta; I'll always call in before jumping on the train to Melbourne."



## 8 GREAT OUTDOORS

Work off all of that indulgence with a hiking, horse-riding or cycling experience. Christian leads **HEDONISTIC HIKING** tours ([hedonistichiking.com](http://hedonistichiking.com)) throughout the region. The Victorian Alps and Vineyards tour is a two-day trek through Victoria's north east, including picnic lunches, regional wines, and Italian-style dinners (if you're lucky, that might mean a spit-roasted pig cooked by Otto Dal Zotto).



## 9 SHARE TACTICS

On the road into Milawa, **SAM MIRANDA** (1019 Snow Rd, Oxley) boasts a family-friendly restaurant and contemporary cellar door. "It's a nice, relaxed place with a beautiful sunny terrace, a great spot to enjoy a tasting plate and a glass of prosecco" says Christian. Along with the share platters, the Mediterranean menu offers tapas plates of arancini, trout rillette and prosecco-battered prawns.

## 10

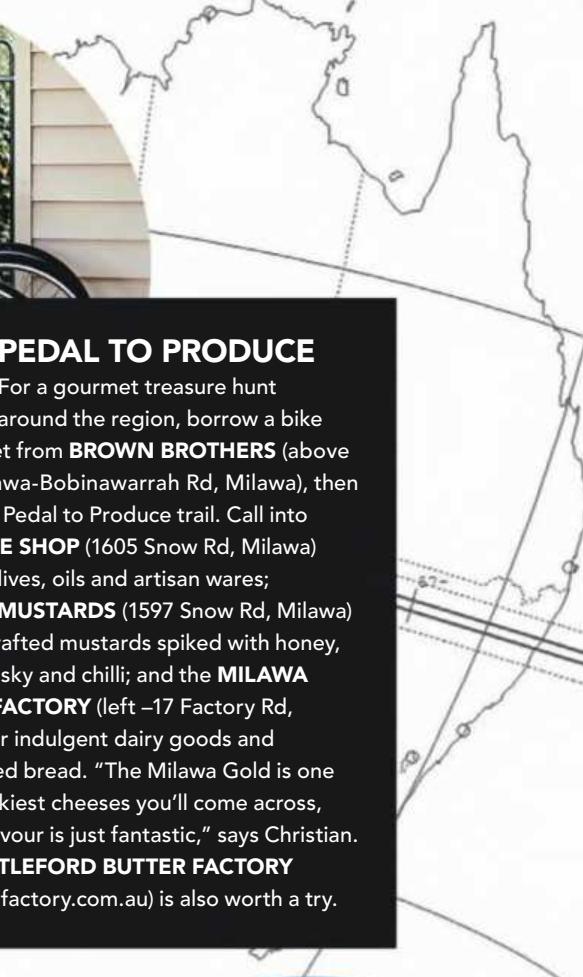
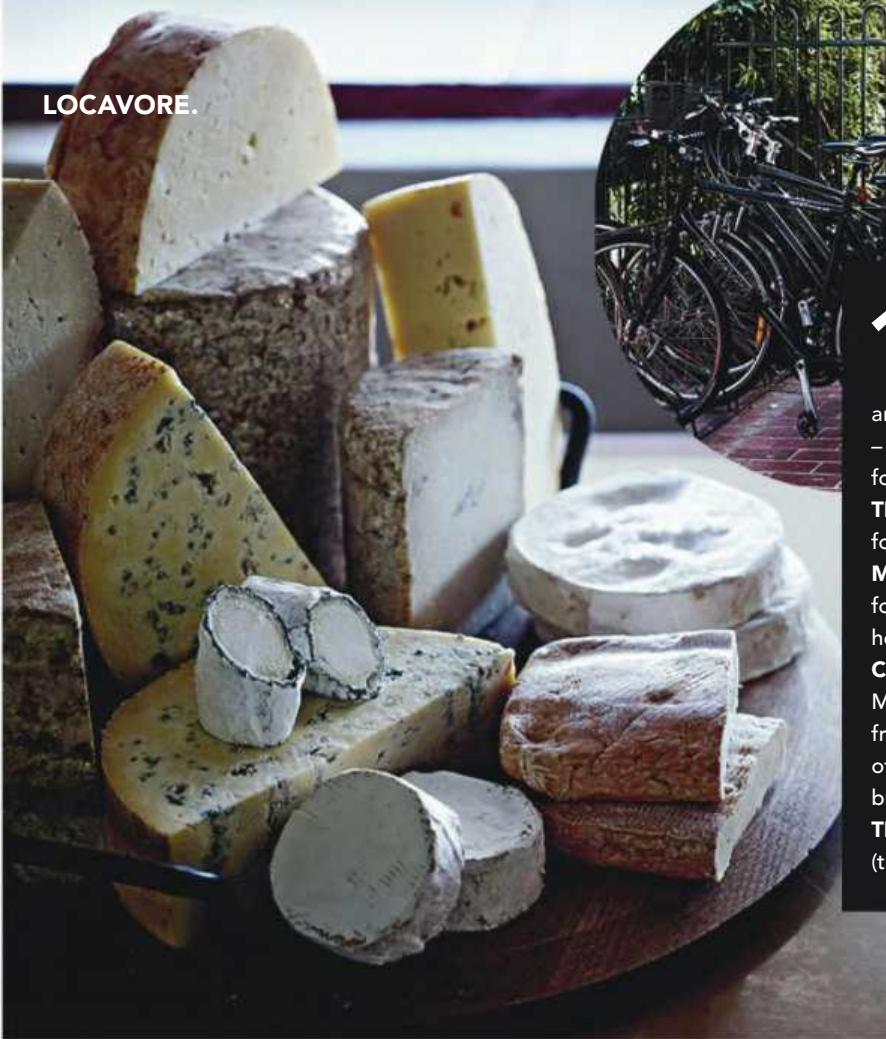
### ARTY APPROACH

AT THE KING VALLEY GALLERY

(BELOW LEFT AND RIGHT – 4905 WANGARATTA-WHITFIELD RD, WHITFIELD), A ROTATING LINE-UP OF LOCAL ARTISTS SELL BOLD CANVASES, QUIRKY METAL SCULPTURES, HANDCRAFTED FURNITURE AND CRAFTY JEWELLERY. THE GALLERY ALSO RUNS HANDS-ON SCREEN-PRINTING WORKSHOPS AND MARKETS.



LOCAVORE.



## 11 PEDAL TO PRODUCE

For a gourmet treasure hunt around the region, borrow a bike and helmet from **BROWN BROTHERS** (above – 244 Milawa-Bobinawarra Rd, Milawa), then follow the Pedal to Produce trail. Call into **THE OLIVE SHOP** (1605 Snow Rd, Milawa) for local olives, oils and artisan wares; **MILAWA MUSTARDS** (1597 Snow Rd, Milawa) for handcrafted mustards spiked with honey, herbs, whisky and chilli; and the **MILAWA CHEESE FACTORY** (left – 17 Factory Rd, Milawa) for indulgent dairy goods and fresh-baked bread. “The Milawa Gold is one of the stinkiest cheeses you’ll come across, but the flavour is just fantastic,” says Christian. **THE MYRTLEFORD BUTTER FACTORY** ([thebutterfactory.com.au](http://thebutterfactory.com.au)) is also worth a try.

## 12 SWEET DREAMS

In the tiny town of Myrhee, **MT BELLEVUE**

([mtbellevue.com](http://mtbellevue.com)) offers a choice of self-catering cottages with wood fires, barbecues, kitchens and cosy country furnishings. Prices start from \$215 per double per night. Just down the road, **CASA LUNA** ([casaluna.com.au](http://casaluna.com.au)) is home to contemporary king and queen suites with in-room dining options featuring light antipasto dinners and indulgent five-course affairs paired with local wines. Prices start from \$225 per double per night, including breakfast. In Whitfield, base yourself at **NO. 1 BAKERY LANE** ([facebook/No1BakeryLane](http://facebook/No1BakeryLane)) or **JESSIE'S CREEK COTTAGE** ([jessiescreekcottage.com](http://jessiescreekcottage.com)). Comfortably sleeping six people in three bedrooms with full kitchens, two bathrooms and barbecue areas, both cottages are within walking distance of Dal Zotto and the Mountain View Hotel.

## FRESH APPROACH

Another branch of the far-reaching Pizzini family tree, Arnie and Jo Pizzini are currently putting the finishing touches to their new cellar door and restaurant at **CHRISMONT** (right – 251 Upper King River Rd, Cheshunt).

The property boasts one of the best views in the region, and their approachable wines span the Mediterranean La Zona range.

## 13 FOODIE FESTIVALS

*On November 14-15, the King Valley celebrates its Italian spirit with **LA DOLCE VITA**, a food, wine and music festival including alfresco feasts, while on the June long weekend, cellar doors and restaurants team up for Weekend fit for a King. ✕*

# on the AGENDA

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## water baby

For top quality dishes, remove flavour-altering impurities from water with a **BRITA Tap**. It's what *MasterChef* judge Gary Mehigan uses. Visit: [betterwithbrita.com](http://betterwithbrita.com).



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## teetotalist

With added shavings of zingy lemongrass, **Tetley Peppermint** tea is a twist on an old favourite and the ultimate pick-me-up. Visit: [tetley.com.au](http://tetley.com.au).



## blue moon

Love Southeast Asian food? Don't miss **Cabramatta Moon Festival** (September 27), with classic dishes and live music. Visit: [fairfieldcity.nsw.gov.au/moonfestival](http://fairfieldcity.nsw.gov.au/moonfestival).



## easy entertaining

Crafted with double cream and matured from the centre, **Castello Creamy White** is rich, soft and perfect with bubbles. Visit: [castellocheese.com](http://castellocheese.com).



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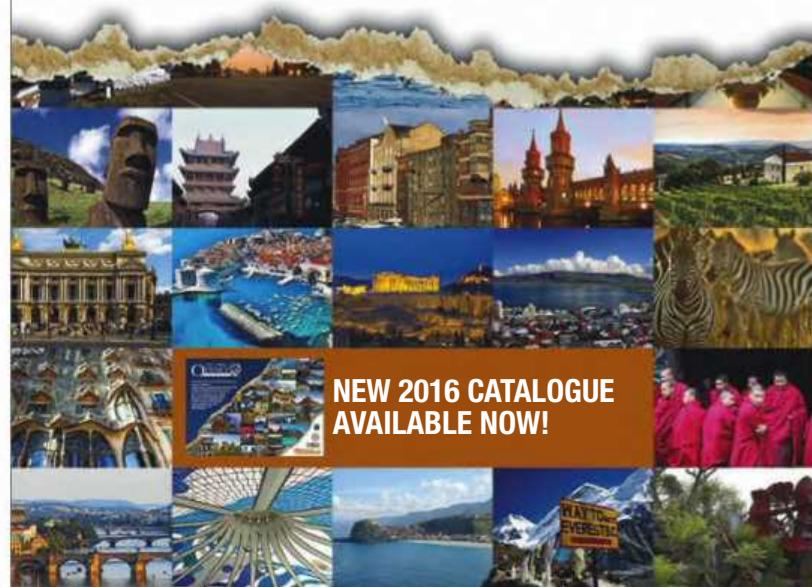
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Entries close 31/10/15

\*Terms and conditions apply, see website for details



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SEPTEMBER 2015

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**Thanks** Our meat

is supplied by Vic's Meats ([vicsmeats.com.au](http://vicsmeats.com.au)). We use

Global knives, Scanpan cookware and utensils and Cuisinart appliances from Sheldon & Hammond (for stockists, tel: 1800 209 999).

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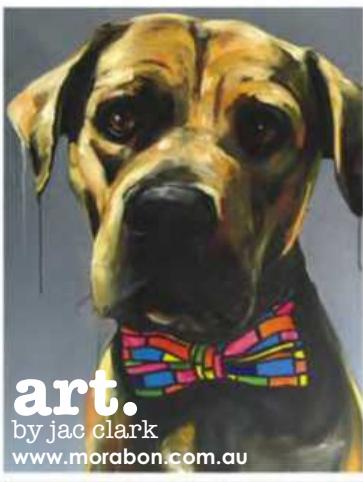


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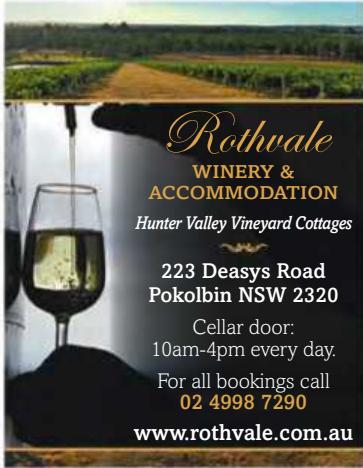
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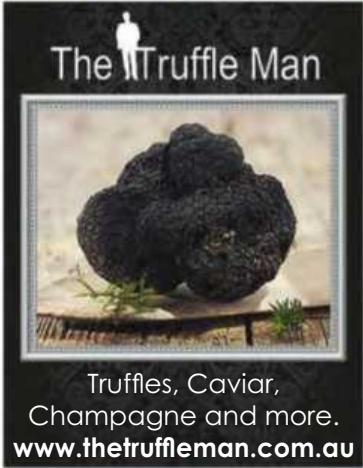
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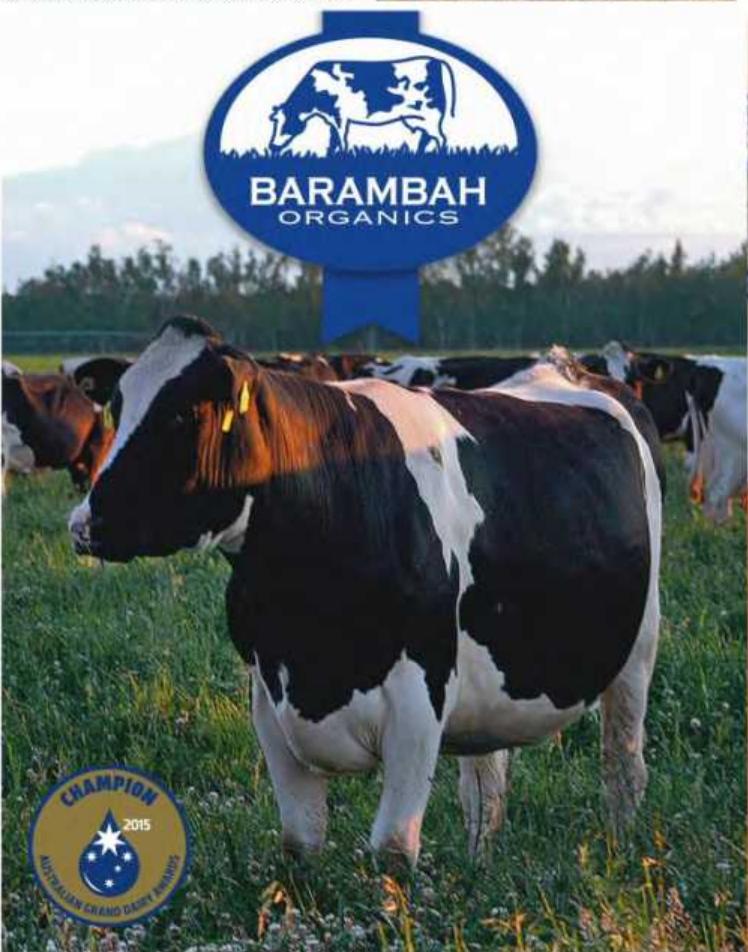
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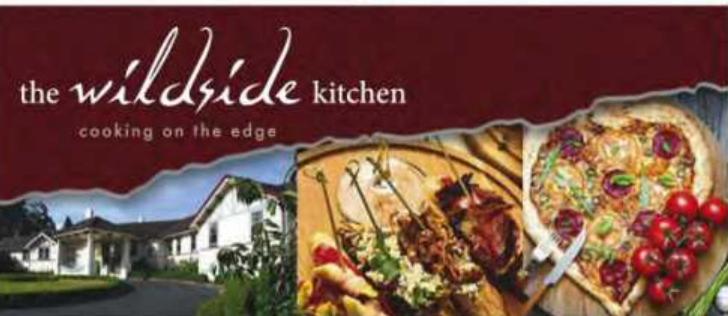
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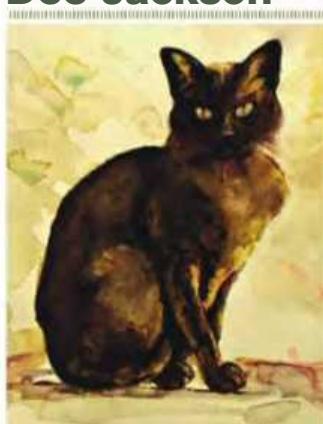


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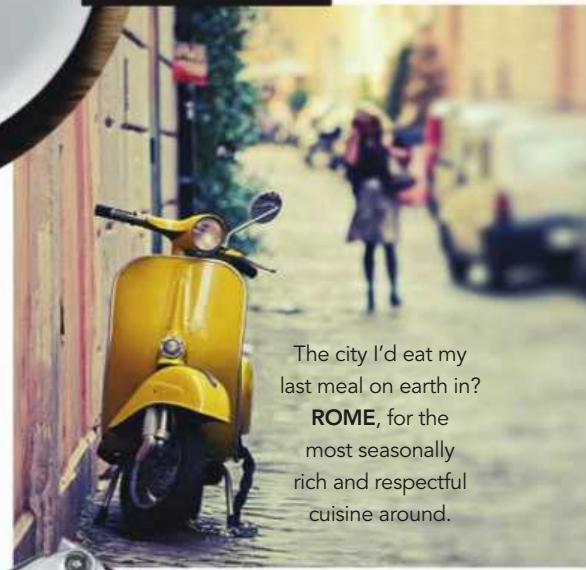
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To impress, I head to **BILLY KWONG** (pictured). The food, wine and service are impeccable and it's a fun vibe.



The last restaurant I ate at was **THE TOWN MOUSE** in Melbourne. The smoked pork jowl (left) was fantastic.



The city I'd eat my last meal on earth in? **ROME**, for the most seasonally rich and respectful cuisine around.

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We pin down the restaurateur behind some of Sydney's favourite enotecas (Vini, Berta, and 121BC), to ask for his top food haunts and Rome's best coffee.



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